

Adrenaline Sports & Fitness [ASF] enjoyed a very successful summer. We are thrilled that the surrounding communities have embraced our business and philosophy. A few of the highlights include:

- ▶ Grand Opening celebration on July 22, including Ribbon Cutting and appearance by UFC Middleweight Champion Rich Franklin. The West Chester Chamber Alliance also provided a Ribbon Cutting in September.
- ▶ The Evendale Firefighters have fallen victim to the ASF torture chamber as they prepare for the Scott Firefighter Challenge Nationals and World Championships. We will post the results at ASF as they become available. Watch for the telecast on ESPN2 later this year. [Related story on page two]
- ▶ Recognition of ASF by the West Chester Chamber Alliance, Cincinnati Enquirer, Pulse Journal and City Beat.
- ▶ The very successful Boot Camp series began in June with the Xtreme Boot Camp and has grown to include a Beginner and Intermediate class as well. If you want to get in shape, have fun and work hard, these are for you! For more details, see page 5.
- ▶ Since ASF has opened in June, **over 100 athletes** have benefited from the innovative programs that we offer.
- ▶ **Over 70 adults** have benefited from Boot Camps and Personal Training.

Inside This Issue

Summer Review [pg 1]

Combat Firefighter Training [pg 2]

Pre and Post Workout Nutrition [pg 3]

ASF Athlete News & Testimonials [pg 4]

Psychological Index [pg 5]

Functional Fitness – The Basics of Movement [pg 5]

Boot Camps Explained [pg 5]

Performance Corner [pg 6]



Combat Firefighter Training

The Evendale Fire Department recently finished fourth in the country in the National Championships held in Atlanta. By virtue of their impressive performance, they are now preparing for the World Championships in Las Vegas in early November [they also received a bye to qualify for the finals, thus ensuring a chance for victory!]. The six members of the team [five competitors and one alternate] have spent the last 12 weeks at ASF bleeding, sweating and bitching about the protocols employed by Program Director, Andy Gaspar. Team Captain Steve Schreck elaborates:

“My teammates and I all have spent hundreds of dollars on gym memberships over the years. The lure of expensive equipment, neon lights and walls lined with mirrors convinces the majority of the general public that you must have all of these things to transform yourself into an athlete. We have never been so wrong! The transformation of an athlete starts with the individual, but each person no matter how young or old, amateur or professional, needs the proper guidance, tools and most importantly, motivation. In my mind, after spending the last twelve weeks with Andy Gaspar and the rest of the staff, that’s what Adrenaline Sports and Fitness stands for: *“Motivation”*.

We first met with Tony and Andy and showed them the video of our competition in The Scott Firefighter Combat Challenge, a competition nicknamed by ESPN as “The Toughest Two Minutes in Sports”. They were confident ASF could help us attain our goals by designing and implementing a comprehensive training regimen. Even though our six-member team has competed at the high school and collegiate levels, the training we’ve done over the last twelve weeks at ASF is like no other I’ve ever participated in. We are in the best shape of our lives and our current team record speaks for itself: 4 First Place finishes, 3 Second Place finishes and have a current ranking of fourth in the country headed into the World Championships in November.

As I mentioned earlier, Adrenaline Sports and Fitness specializes in “Motivation”; they will push you beyond your perceived limits of pain tolerance. Andy Gaspar has handled all of our “hands on” training; he is to be credited for finding in us what we weren’t able to find on our own. He makes us dig down every training session and tells us the only easy day was yesterday. He is relentless with our training methods, attitudes and, at times, our lack of motivation, he *will* motivate you!

If any athlete is considering moving on to the next level in his or her sport, or finding out their true athletic potential, **Adrenaline Sports and Fitness** should be the foundation for their upcoming season. Get Serious, Get Results! We did!”



Pre and Post Workout Nutrition

The importance of nutrition can not be overstated. In fact, some would argue that nutrition is MORE important than training itself. If you train at ASF, you may have heard one of our “recordings” at some point:

“YOUR TRAINING IS ONLY AS GOOD AS YOUR NUTRITION AND RECOVERY PRACTICES”

At any given point, an athlete is flowing somewhere on the following continuum:

TRAINING ←-----→ NUTRITION ←-----→ RECOVERY

If any one of the three is operating at suboptimal levels, the other two will suffer. It is this critical point where nutrition takes on a new meaning. Numerous research studies have shown a positive benefit by incorporating *precise* pre and post workout strategies. By providing the *correct* nutrients in the *correct* ratios at the *correct* time, athletes provide the optimum environment for success.

**A sample pre & post nutrition outline for a high school athlete may look like this:
3:30 – 3:45 pm = 25 grams of protein, 25 grams of carbohydrates [chicken breast w/ whole wheat bun, for example]**

5:00 – 6:00 pm = Training +5-10 grams of Branched Chain Amino Acids [BCAA's, including Glutamine [an essential amino acid]

6:00 pm = 5 grams Creatine + 20-30 grams of whey protein + 20 grams of simple carbohydrates [1-2 scoops of protein powder + small baked potato, for example]

7:00 pm = 30-40 grams of protein + 50 grams of carbohydrates

Not only will the above scenario improve recovery, it will also aid in muscle growth, improved performance and decreased body fat storage. We may see an athlete for only one hour a day; it is the other 23 hours of the day that make the difference! If the recovery methods [muscle repair, sleep, nutrition] do not meet the demands of the stimuli [training, practicing, games], overtraining can occur and results will be hindered. Overtraining is preventable, but must be dealt with by an intelligent and planned approach to training, nutrition and recovery.

To take the guesswork out of the pre and post training nutrition puzzle, ASF has teamed with Beverly International Nutrition to carry products we believe to be the best for our athletes. A few of those products are below. If you have further questions, please talk to the ASF staff.



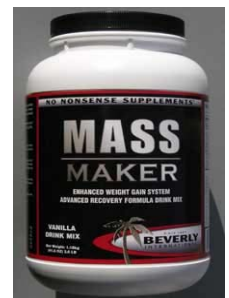
BCAA 's +
Glutamine



Creatine



Whey + Casein
Protein Matrix



Simple Carbs
+ Whey Protein

ASF Athlete News

Brad Gschwind, a senior at Lakota West, has accepted a scholarship to continue his baseball career at Miami University. "Choosing Miami was a pretty easy decision", Brad states. After seeing the campus, Brad "knew it was the place for me". He also credits Lakota West for preparing him academically for the challenges of Miami's high standards. When Brad is not facing mental challenges on campus, he will be training to help Miami win another MAC title. ASF hopefully has set that plan into motion. "Adrenaline has helped me tremendously with my overall athleticism, including speed and strength improvements. My coaches and I have noticed immediate changes for the better."

Grant Hunter, also a senior at Lakota West, has accepted a scholarship to continue his lacrosse career at Robert Morris in Pennsylvania. Grant will be accepting his scholarship at the ASF facility on November 10.

Jeff Guynes and "**Bama**" **Silvestain** are two of several athletes who will be training for a new baseball team, the Cincinnati Twins. The other team members started off-season strength and speed work at ASF in October.

Derek Baker threw the winning touchdown pass to lead his Tomahawk #15 team into the Championship game.

The **Lakota West Girls Basketball** Team finished their pre-season strength and conditioning program at the end of October. Their off-season program will resume in March.

Noah Mehrle scored on the first play from scrimmage for his 3rd / 4th grade St. Max team. Noah has scored 4 touchdowns in 6 games of his CYO league.

Hannah Armbruster was part of the Lakota Plains first ever golf championship. Way to go Hannah!

Adrenaline Sports & Fitness has always been, and will continue to be, about producing results. We measure variables such as acceleration, agility and power: the physical indices of performance. What about the mental aspects of improvement? As of October 1st, ASF will be utilizing a psychological tool to get a "check up from the neck up". The **Psychological Index** is a simple and effective device that each athlete fills out by circling a number best describing their thoughts on work ethic, motivation, discipline, etc.

Their answers reveal a lot more than any physical test could measure. Athletes must be in top shape mentally as well as physically. This is a first step to determine the strengths and weaknesses of the mind of the athlete. Current and new athletes are welcome to try out this quick questionnaire. Stop by the office desk to get your copy.

Functional Fitness

Human beings were designed to move. The unique architecture of our muscles, connective tissue and bones allows us to do amazing feats. To be “functional” means to move our body weight in different planes; to maintain a balance of certain muscles to be stiff and others to be elastic; and to exploit weaknesses as it relates to improving the whole organism. These are the areas that the staff ASF will always be cognizant of when we train athletes and adults alike. We are concerned with increasing functional fitness as well as physical fitness. The difference between the two is applying that fitness level to perform at a high level, in athletics and basic challenges of everyday living. If you would like to be more productive in your daily tasks, move your body more efficiently and effectively and have more functional strength, the staff at ASF is ready to help.

Boot Camps

The ASF Boot Camps have exploded since our Opening in June. There are now three levels to choose from—Beginner, Intermediate and Xtreme. A quick overview is below:

	Beginner	Intermediate	Xtreme
Frequency/week	2	2	3
Days/times	Tu/Th - 5:30 pm	Tu/Th - 5:30 pm	Mon/Wed - 6:00 pm; Sat - 10:00 am
Duration	60 min	60 min	60 min
Work:Rest Ratios	30 sec: 30 sec	60 sec: 30 sec	2 min: 15 sec

A person can enter at any time of the year to a Boot Camp class. We recommend trying the Beginner or Intermediate class before the Xtreme level. If you have any questions at all, please ask Tony or Leanne and they can assist you.



PERFORMANCE CORNER

-Tools of the Trade-

This issue's performance corner deals with some cost effective training aids and suggested uses to improve performance on the field / court. Although ASF is fortunate enough to have some of the most advanced training technologies at our disposal, often times it is the simplest choices in equipment and drills that provide the best results. Some of our favorite training tools, or "toys" as some of our athletes and parents see them, are medicine balls and agility ladders. These pieces of equipment are ideal because of their infinite uses and functionality. We often choose medicine balls to perform a variety of strength and power movements with our youth athletes. Give us a medicine ball and we can hit almost every movement and muscle group of the body. The agility ladder is another versatile piece of equipment which can be used to mimic and train movement patterns found in an athlete's sport and even as specific as their position within the sport. We incorporate these drills into an athlete's warm-up or use it as a tool when the focus is on foot speed. Just a few examples of some simple drills and exercises are listed below:

- ▶ MB - Overhead Squat
- ▶ MB - Granny Throw
- ▶ MB - Overhead Slams
- ▶ Ladder - 2 in each square

If you would like to learn how to incorporate safe and effective training aids and other fitness equipment, the ASF training staff will be at Dick's Sporting Good on By-Pass 4 on November 24 from 12-3 pm. We will be demonstrating several different pieces of equipment and can help you make informed decisions so that you don't waste you money on the many "gimmicks" out there. Those that are brave enough to let us demonstrate something new will receive an Adrenaline Sports & Fitness T-shirt and a 10% off coupon for any of our training services as well as \$10 off their Dick's purchase of \$50 or more.

Adrenaline Sports & Fitness

6659 Liberty Court
Liberty Township, Ohio 45044

Phone:

(513) 779-1234

Fax:

(513) 779-2245

E-Mail:

info@adrenalinesf.com

Web:

www.adrenalinesf.com

ADRENALINE SPORTS & FITNESS **MISSION STATEMENT**

**TO DESIGN AND IMPLEMENT
PROGRAMS TO ENHANCE HUMAN
PERFORMANCE BY UTILIZING
ADVANCED TRAINING
METHODOLOGIES AND PROTOCOLS
AND CUTTING EDGE NUTRITIONAL
AND RECOVERY STRATEGIES.**

ASF Proudly Partners With The Following:



SN2Go
GET YOUR BODY GOING



Life Without Limits, LLC
Muscle Activation Techniques