

Tekulve Acceleration Training is coming to ASF!



Starting October 15, 2007, ASF will have one more resource to help athletes become the best they can be. Tekulve Acceleration Training will be operating out of ASF, specializing in speed development, running mechanics and power development. While this may sound similar to what ASF already provides, there is more to the story.

ASF has a lot of “stuff” that serve as excellent tools to help kids become better at their sport. What Tekulve brings to the training table are the tools that ASF currently does not offer-Super Treadmills and force plate technology are two examples. So, in essence, we are *complimenting* each other with the same goal in mind: Providing every possible resource to an athlete to improve their game. In fact, we strongly believe that the addition of Tekulve will bring us to the forefront of providing the best training facility in the Midwest.

So, what does this mean for you? If you are currently an ASF athlete, you have the opportunity to take advantage of another resource to improve your speed and power. Tekulve has been around Greater Cincinnati for 15 years; they are an established, reputable, results-driven company. We would not have partnered with a company if it wasn't in the best interest of our athletes.

Finally, while Tekulve will be operating inside of ASF, they are a separate business from ASF. They will have their own staff, pricing structure and protocols. They can be reached at 742-2222. We look forward to continue to set new standards in the field of performance-enhancement, and Tekulve will certainly help us in doing so.

For more information on Tekulve and over-speed training, please visit
<http://www.accelerationtraining.com/>
<http://athleticrepublic.com/>

If you have any questions, please ask the ASF staff. Thank you for your continued support.

Inside This Issue

Tekulve and ASF Join Forces [pg 1]

News & Notes [pg 2]

ASF Athlete News [pg 3]

More News & Notes [pg 4]

Firefighter Update/Core Training [pg 5]

ASF Info/Partnerships [pg 6]

NEWS & NOTES

New Faces at ASF!

Joe Lochard will be ASF's Marketing Director. Joe's main responsibility will be to establish relationships in the community and oversee strategic alliances with teams, schools, organizations and coaching staffs to explain what ASF is, and how it can help their athletes.

Nigel Price is ASF's newest trainer, fresh off coordinating the strength and conditioning for the AAA affiliate of the Milwaukee Brewers in Tennessee. Nigel will join the training staff to develop and implement training protocols.

Both gentlemen bring a wealth of knowledge and experience and are a welcome addition to our team. Feel free to stop and talk to them anytime.



Keep on the lookout for your face posted on YouTube, the world's most popular video website. There are new videos of ASF athletes every month. We will be filming several more this winter, including training footage, training demonstrations, skill-based exercises and some of the staff performing their own routines [yes, we do train from time to time]. If you subscribe to our videos, new ones will be delivered right to your email inbox!



BOOT CAMP CHANGES

Boot Camp has been changed to the following:

Beginner/Intermediate classes are Tuesdays and Thursdays at 6:30 pm; advanced classes are Mondays and Wednesdays at 6:30 pm and Saturdays at 10:00 am.

Are you competitive? Want to try something new?

If you answered "yes" to both questions, ASF is putting together a 5 person team to compete in Olympic Weightlifting. *You do not have to have any experience to compete.* The first annual High School Weightlifting Championships will be held in Cincinnati in December. The two events that make up a lifter's total are the snatch and the clean and jerk. If you are interested, the only prerequisite is that you are in high school at the time of the competition you are entering. We are looking to field a team for a competitive season in 2008. Please ask Tony for more details.

ASF Athlete News

COLLEGE FOOTBALL:

- ▶ **Dane Romero**, a junior running back at Wofford College, ran a touchdown and threw a touchdown pass in a 42-31 defeat of national power Appalachian State. It was Romero's first game of the season after missing the first three due to injury.
- ▶ **Tadd Dombart**, a freshman defensive back or Butler, leads the team in interceptions. He even returned one 42 yards for a touchdown. The freshman also returns punts gaining 122 yards on 8 returns.
- ▶ **Steve Rehring**, a redshirt Junior at Ohio State, has started at offensive tackle every game this season. After gaining playing time as a true freshman, Rehring was given a medical redshirt his second year due to injury.

- ▶ **Amber Gray:** A senior at Lakota West, Amber has signed a full scholarship to play basketball at the University of Tennessee, under the watchful eye of record holder for all-time wins, Pat Summitt. Amber will be training at ASF until she leaves for school next summer.



WINTER TEAMS/ORGANIZATIONS THAT WILL BE TRAINING AT ASF:

- ▶ Butler County Bandits Baseball
- ▶ Lakota United Select Soccer
- ▶ Japan Karate Do of Cincinnati
- ▶ Ohio Force Baseball
- ▶ Butler County Sheriff's Department/SWAT Team [Pending]
- ▶ Lakota West Baseball [Program Design]
- ▶ Lakota West Football

To submit any updates about ASF athletes to be included in our newsletter, please email information to info@adrenalinesf.com.

MORE NEWS & NOTES

ASF was once again featured in a local publication, this time the November/December West Chester/Liberty Township edition of "Our Town" magazine. To view the article [pages 50-52], please click here: [Our Town](#)



Dawn Weatherwax, RD LD, Owner of Sports Nutrition 2 Go, will be presenting a talk on the **Importance of Nutrition for Athletic Enhancement** at ASF on November 6th and 7th [The talk will be the same on each night]. If you are interested in maximizing your potential, nutrition and recovery are key areas that will be talked about. Training is just the first step! The talk is FREE and open to athletes, parents, and coaches. Please call 779-1234 to register, as space is limited for each night.



THE AX FORGETS.
THE TREE REMEMBERS.....think about it.

FIREFIGHTER UPDATE

BY DAVE STARK, CO-CAPTAIN

In the World of the Firefighter Combat Challenge and those who are a part of it, much of the competitive season resolves itself in two events. The World Finals which are held in Las Vegas, Nevada in November and the U.S National Championships held in Atlanta, Georgia in October. While each year the World Finals concludes on the last day with a battle between the fiercest of competitors from around the globe, U.S. Nationals is viewed somewhat differently. While still a competition with a National Title available, it is also the last chance for strictly American competitors to see each other not just as rivals but also to gather as teammates, firefighters, and friends.

Team Pro-Tech 8 went into U.S. Nationals as the 6th fastest team in the country based on regional times, and had competed together as a full group on only one occasion. Atlanta gave us the opportunity to demonstrate what we were capable of healthy, strong, and peaked to win...and win Pro-Tech 8 did. By placing 2 individuals in the top 10, and 3 in the top 25 we were able to squeeze by the second place team by a mere four-tenths of a second, with all three top teams within 3 seconds of each other. Adrenaline Sports and fitness is instrumental in keeping the team healthy and focused on one goal, to succeed in being the best. Currently, as U.S. Champions we have achieved our first goal as the team to beat in the States. Only one remains, to achieve the title of World Champions, on Freemont St., under the lights, on Nov. 7th. Please check for updates on the ASF web site home page.



What exactly is “Core Training”?

Infomercial, DVD's, books and gurus are capitalizing on the latest buzzword in fitness and enhancement: “CORE”. While the intention may be pure, the information that is disseminated to the public has more to do about dollars than sense. First and foremost, the core is NOT synonymous with abs; the abdominal musculature is an integral *part* of the core, but so are the hips, lower back and gluteals. In fact, the hips [*especially* the gluteals] may be the most important stabilizing muscle group found in the body. Strong and stable butt muscles control stability of the knee, while also providing the base for speed and jumping ability. The glutes also are a major player in a strong posterior chain, which encompasses the long spinal muscles from the base of the neck to the hamstrings. So, a new definition of the core is the area between the chest and knees-front to back, side to side-that provides stability as well as mobility. The core has several functions: To stabilize the spine; provide movement, especially rotation; and connect the upper and lower body to transfer forces that actually start from the ground and travel up the kinetic chain. If those forces encounter a weak middle part of the body, forces are quickly dissipated to the limbs of the torso. If you have any questions about how to make your core stronger, let us know!

ASF Proudly Partners With The Following:



Life Without Limits, LLC
Muscle Activation Techniques



Dr. Barbara Walker, Sports Psychologist

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.

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

