

Sports & Life

What is the number one reason people get involved in sports? Love for the game? Play with friends? Fuel a competitive fire? The list can be endless. I would like to share with you the reason that I started playing sports, or at least what I thought when I was a kid....

Before the advent of the Internet, when cable and video games were in their infancy, kids played.

I mean they *played*...all day everyday. Not necessarily on organized teams, but in their backyards, at playgrounds, at local parks, for no real tangible reason. I remember being so skinny growing up because I had forgotten to eat due to my "addiction" to playing outside with my friends. Go to school, play until dark, go to bed and do it all over again! As I grew older, playing and sports took on new meanings: I realized I was a decent athlete with good skills; the concept of winning and losing became very apparent; and more importantly, I was growing up with sports as my platform.

As I graduated high school [when it was one Lakota!], and while attending Miami University, athletics became my driving force. It made me into the person that I am today by providing the tools to thrive in a world full of challenges. Sports, over the course of my 38 years, have shown me discipline, self-confidence, focus, resolve and very high standards of living my life.

Of course, growing up, sports are associated with fun and playing. With each new level of competition, however, new facets of a person's makeup are exposed. Are you going to rise and meet those new challenges? Or let someone else rise above you? Without the obstacles I faced while playing sports and being active, I would not be even close to the person I am today.

I hope to instill some of those same characteristics in the athletes that become part of the Adrenaline family. We know the power that sports can have on a young mind and the ability to transcend the playing field and forge an identity for the real game of life. I look forward to seeing you achieve success both on and off the field.

Tony

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NEWS & NOTES

It is with great regret that **Nigel Price** will be leaving ASF to pursue his dream of becoming a MLB strength coach. After much thought, Nigel will be resigning at the end of February to become the strength coach for the Dayton Dragons, the A affiliate of the Cincinnati Reds. Nigel has been a great addition to the team at ASF, and will be greatly missed. Please wish him the very best in his endeavor. Thanks for everything, Nigel!!



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 DAYS/TIMES

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. Please ask Tony how to take advantage of a FREE class.



Tune into 1360 AM during the Mike & Mike show [6-10 a.m.] to hear ASF radio spots!

VISIT THE ASF BLOG!

<http://adrenaline-junky.blogspot.com>

ASF Athlete News–College Signings!



Lakota West Seniors **D.J. Brown** and **Andrew Phelan** have been selected to play in the annual Big 33 Classic on June 14th in Hershey, Pennsylvania.

The game features the best from Ohio vs. the best from Pennsylvania and has over 50 years of tradition. Brown, a 6'0" corner, recently committed to play for Miami University joining Phelan, a 6'5" 315 pound offensive lineman, who committed to the Redhawks last fall.



Lakota West Junior **Tessa Elkins** is a dynamic scoring point guard on the state's #1 ranked women's basketball team. Recently, Tessa committed to play basketball for Ohio University.



Lakota West Firebird **Allison Whitenack** has verbally committed to play for the Lady Eagles of Carson-Newman College in Jefferson City, Tennessee. Whitenack, a 5'7" point guard, is a four year varsity letter winner and a three year varsity team captain.

Former Lakota West football standouts, **Andrew Cottrell** and **Grant Hunter**, have transferred to Butler University to continue their gridiron careers. Both are some of the hardest working athletes to ever step foot in ASF.

Lakota West defensive back **Andrew Straus** will be attending Elon University on a football scholarship.

Alexis Dickinson, a keeper for Lakota West, will continue her soccer play at Indiana University.

Teams currently training at ASF

- ▶ Lakota West/East Boys Lacrosse
- ▶ Lakota West/East Girls Lacrosse
- ▶ West Chester Sluggers U-10 Baseball
- ▶ Ohio Force U-14 Baseball
- ▶ Cincy Flames U-14 Baseball
- ▶ Lakota West Girls Soccer
- ▶ Butler County Bandits U-14 Baseball
- ▶ Tomahawks Football Team #18
- ▶ Lakota West Baseball (Program Design)
- ▶ Japan Karate Do Organization
- ▶ Sports Express Team Adrenaline U-16 volleyball

For more information about team training discounts, please ask the ASF staff.

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 again featured in the West Chester/Liberty Township edition of “Our Town” magazine. The article, appearing in the February edition, was about injury prevention in youth athletes. It should arrive in your mailbox in February, or we will have a few copies in the lobby.

New Cancellation and Rescheduling Policy for ASF Athletes

Effective 1/2/2008, ASF will be enforcing a new policy designed to ensure the high quality of training you have come to expect. These policies will allow us to optimally prepare for athlete training and continue a professional atmosphere. As ASF grows, we ask for your continued support in helping us to give you the best training for your son or daughter.

Cancellation Policy

Please cancel a previously scheduled appointment as soon as you know you cannot make the appointment. A pattern of cancellations will not only hinder an athlete's progress, it decreases our ability to know who to prepare for each day.

Scheduling/Rescheduling Policy

Please schedule your training sessions as soon as you know the day(s) and time(s). You are encouraged to schedule several days in advance. We make every effort to accommodate your request(s); however, there will be training sessions that are either too large and/or not optimal for every individual. As more athletes enter into ASF, we hope you can be flexible with your schedule to help this process. If you should need to reschedule a training session, please give at least 24 hours notice with the understanding that we will do our best to fulfill your request, but it is not always possible. Please avoid a pattern of late schedule requests [i.e. one hour before the scheduled appointment].

We will never compromise quality for quantity. That is one of our cornerstones from day one of operations. By instituting a structured policy, we can strive to maintain a high standard of doing business with each of you. Thank you for your continued support!

FIREFIGHTER UPDATE-WORLD CHAMPIONSHIPS

BY DAVE STARK, CO-CAPTAIN

ProTech-8 arrived in Las Vegas for World Challenge 16 as the current National Champions, and looked forward to a week of strong competition with the best on the planet. Without a doubt, that's what we got. Finishing as Champions for the 4th consecutive time was Team Travis out of Travis Air Force Base in California, with the boys from Sam Squad (the military's fire service training center in Texas) close on their heels in second. With no personal best being run from ProTech-8 we finished a respectable, yet disappointing 6th in the World, 2 places higher than last year yet not in the top 3 as hoped.

With a final day to redeem ourselves in the relay division we took full advantage of the opportunity presented. Coasting through our first four races led us to a showdown with Fremont, California which we won, but with a caveat...during the last hand-off Ross took a stumble and re-injured his knee. Running with only 4 in the semi-final race we lost to Ft. Gordon, the current fastest relay team in the world. This placed us back in a familiar position, fighting for a top three finish just as we had done in the previous year. With surprisingly little effort we pulled ahead of Team Sherbrook out of Canada, to claim third place.

Training has already begun for 2008 at Adrenaline. With a new season comes a new face to the team: Jordan McClellan. There is little doubt that with the facility Adrenaline Sports and Fitness provides and the knowledge trainer Andy Gaspar contributes, Jordan will quickly fulfill his potential as the newest athlete to beat on the Challenge circuit. With training every day at 9 am, feel free to stop in and see how you stack up against Team ProTech-8...powered by Adrenaline.



“Plan for what is difficult while it is easy, do what is great while it is small. The most difficult things in the world must be done while they are still easy; the greatest things in the world must be done while they are still small”

-Sun Tzu

“When strong winds are blowing, some hide behind walls and others build windmills.”

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.

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