

## ASF Celebrates 2 years!

It's hard to believe that we are two years old! It seems like just yesterday that the concrete was being poured. Besides the normal growing pains, it has been a great time. We have met some great people along the way, and feel like we have become one big family. Year three promises to our best yet! Starting in June, there will be a few changes that you may notice. Here are a few of the programs we are working on:

- ▶ **Member-get-a-member Campaign.** It's pretty simple-the more people you tell about ASF, the better your odds of winning!
- ▶ **Kids Boot Camp.** This will be a 4 week group exercise class, emphasizing being active and having fun. It will be similar to the adult Boot Camp that we have for adults. There won't be as much technical instruction like we do with our athlete classes. This will be open to all kids between 8 and 12 years old. For those who answered the web survey, we will contact you in May to go over everything.
- ▶ **Open Houses.** Every month, we will have an Open House, for those who have not been to ASF.
- ▶ **New T-shirt designs.**
- ▶ **New and improved Website.**
- ▶ **Boot Camp Challenge.** This event will last all summer long, from June through August [12 weeks]. This will be awesome! We know how hard Boot Camps are; so now you can work towards something! We will award prizes to those who attend the most classes, whose body fat changes the most, who's the best "cheerleader", and so on. Look for more details in May!

Also, the summer hours will be starting June 2; please note the following changes:

Monday – Friday	Saturday
9:00-10:00	9:00-10:00
10:15-11:15	10:00-11:00
11:30-12:30	11:00-12:00
1:00-2:00	12:00-1:00
2:15-3:15	
3:30-4:30	

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# NEWS & NOTES

ASF trainer **Andy Gaspar** has decided to pursue his dream of becoming an Ohio State football and strength coach. He will be leaving sometime in June. Andy has been instrumental in getting ASF off the ground and where it is today. He has helped athletes in the area for several years and will be missed. We speak for everyone and wish him well in Columbus...go Wolverines!!!



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 spring and summer, 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!

As we lose one great trainer, we inherit another. **Lauren Laskowski**, CSCS, will be joining the ASF training staff in the summer. Lauren has worked for several local high schools coordinating their strength and conditioning program. She is a graduate of the University of Cincinnati and has been involved in athletics her entire life.

There will also be one or two interns this summer, learning the business of training athletes. They are the future of the industry, so we are glad they chose ASF to further their knowledge.

## **SUMMER BOOT CAMP DAYS/TIMES**

Beginner/Intermediate classes for the summer will continue to be Tuesdays and Thursdays at 6:30 pm; advanced classes are Mondays and Wednesdays at 6:30 pm and Saturdays at 10:00 am. Remember the first one is always FREE!

**VISIT THE ASF BLOG!**

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

# ASF Athlete News

**Congratulations Lakota West Girls Basketball-Ohio State runner up!!**



Lakota West standout on the state runner-up basketball squad, Emma Zieverink, will be playing for Division I Longwood University in Virginia in 2008.

## Teams/Organizations currently training at ASF

- ▶ Mason Girls Basketball
- ▶ Cheetahs Soccer Team
- ▶ Lakota West Girls Basketball
- ▶ Lakota West Girls Soccer
- ▶ Japan Karate Do Organization
- ▶ Cincinnati Brazilian Jiu Jitsu Academy

**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](mailto:info@adrenalinesf.com).

# MORE NEWS & NOTES

ASF and Sports Nutrition 2 GO were featured on Fox 19 news on April 14. The topic was measuring the amount of salt that a person loses as they sweat. If you missed it, the video can be seen here:

[http://fox19.com/Global/category.asp?C=92465&nav=menu63\\_9\\_1](http://fox19.com/Global/category.asp?C=92465&nav=menu63_9_1)

Click on the “Measuring How Much Salt you Sweat” link.

## The Best in Ohio!

Susan Ball, 48 years young, captured the overall title at the Natural Ohio Bodybuilding Championships on April 5<sup>th</sup>. Way to go Susan!! Her story will be featured in several national magazines this summer. [The trophy is bigger than she is!]



“If you are inspired to compete, or just want to look and feel the best you ever have, ASF will get you there. Whether it is the intensity of the Boot Camps, the more intimate semi-private or private training, I personally guarantee you will achieve your goals. The results to the left did not come by accident; it was through very precise attention to detail, self-discipline and a will to persevere. If you would like to rise to the challenge, let’s go!”  
Tony Poggiali



**Michelle Smith,** placed second in her first figure competition at the Ms. Cincinnati on April 12<sup>th</sup>. Michelle is an exercise machine and has a very bright future in the sport.

**Jed Jesse**, who trained at ASF in preparation for the Boston Marathon, finished the race in a little over 3 hours. Jed has been my friend for almost 30 years! Man, I'm old! It was great to see all his hard work pay off. His official time was 3:04, and finished 1655 out of 25,283 runners!

Recently, the Japan Karate Do competed in Chicago and kicked some butt! **Sensei Mike Quinn** sent the following email to summarize...

"The JKO just returned from Chicago where we competed in the AAU Regional Championships, for traditional Karate. We have always done well at this tournament, but this year we really dominated. 12 competitors won 14 gold medals, 7 silver, and 6 bronze. Much of our success we attribute to your program at Adrenaline. Sensei Kyle and I both thought our students were stronger and in better condition. Thanks to you and your staff and we look forward to getting even stronger. Our next goal is to be in the best shape for the National Championships in Albany, New York the last week of June."



**Dr. Barbara Walker** will be giving a FREE talk on Sport Psychology on May 8<sup>th</sup> at ASF. There will be two times to choose from, either 6:00-7:00 or 7:00-8:00. Dr. Walker is a competitive athlete in triathlons and marathons, holds a Ph. D. in Clinical Psychology with an emphasis in Sport Psychology, and is the owner of the Center for Human Performance.

This talk will surely fill up fast, so please RSVP by calling ASF at 779-1234. See you then!



The defending state champion Lakota West Firebirds baseball team ended last season with a top 25 national ranking. West is back in RISE Magazine's top 25 in mid-April as they are the country's #19 ranked team.

Shown are two ASF athletes-**TJ Fischer** [left] and **Aaron Silvestain** [right].



Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful  
-Albert Schweitzer

When you were born, you were crying, and everyone else was smiling. Live your life so at the end, you're the one who is smiling and everyone else is crying.  
-Ralph Waldo Emerson

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  
SAFE, EFFECTIVE AND FUN  
PROGRAMS TO DEVELOP  
AND ENHANCE ATHLETIC  
SKILLS FOR ALL AGES.**

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