

WILL

Overcome. Persevere. Outlast. These words are echoed as an athlete struggles to finish the game, run one more step, complete one last rep. The word I like to use is **WILL**. The **WILL** to do whatever it takes to complete what you started. How you finish, not how you start.

All athletes not only take on a common opponent, but themselves in the process. “Give me a kid with tons of heart, and I will teach him everything else”. Talent will only take you so far; your **WILL** to succeed is largely determined by heart, work ethic and attitude. Everything from the neck up will dictate what happens from the neck down. When the muscles are on fire, when the brain wants to give in to the pain, the **WILL** to keep going is all you have left. A coach can tell a lot about the kids on his team under adverse conditions: Who are my leaders? Who can I count on? Who will go to battle with me? Those kids are not always the best athletes, but they *are* the backbone of the team.

There are four broad categories of athletes:

1. High talent level/High work ethic
2. High talent level/Low work ethic
3. Low talent level/High work ethic
4. Low talent level/ Low work ethic

Of the four, number one is a coach’s dream; number four is a coach’s “project”; but the majority of kids will fall in the middle two. Once again, talent will only take you as far as your drive to succeed. The sacrifice to get to practice early, the discipline to be the last one in the weight room, practice field, or training table, and the **WILL** to take your mind and body to new levels of achievement; all of these intangibles are necessary to be the best.

“**Adversity doesn’t build character, it reveals it**”. In the most crucial of moments – the outcome of a game comes down to a free throw, a penalty kick or a field goal – the ability to come through in the clutch is determined by your belief in your abilities. Don’t let anyone tell you otherwise.

WHERE THERE IS WILL, THERE IS ALWAYS A WAY.

Inside This Issue

WILL [pg 1]

News & Notes [pg 2]

ASF Athlete News [pg 3]

4 (More) Ways to Get Faster [pg 4]

Childhood Obesity [pg 5]

ASF Info/Partnerships [pg 6]

NEWS & NOTES

To date we have provided a free Gatorade shake after each training session as a value added feature because we feel so strongly about the importance of post-workout nutrition and recovery. Unfortunately, the cost of Gatorade shakes has risen almost 40% combined with increased freight costs; therefore, we are forced to charge for that product, effective December 1, 2008. The cost will be reduced from \$2.50 to \$2.00 if you are an ASF athlete and purchase the shake after training. We hope that you understand that we cannot absorb the costs of this item any further, but still want to provide it as an option for post-workout recovery. If you have any questions, please let us know.

ASF FAMILY OF WEBSITES

www.adrenalinesf.com [NEW site under construction]

www.adrenaline-junky.blogspot.com

www.facebook.com

www.myspace.com/armyofathletes

www.youtube.com

BOOT CAMP CHANGES

Level I classes for the school year will be Monday through Thursdays at 6:30 pm; Level II classes will only be offered Saturdays at 10:00 am.

Remember the first one is always FREE!

PRESEASON VOLLEYBALL CAMP IS HERE!

WHEN - TUESDAYS AND THURSDAYS, STARTING NOV 4 THROUGH DECEMBER 30 - OPTIONAL THIRD DAY ON FRIDAYS


TIME - ALL SESSIONS ARE FROM 5 30 - 6 30 PM


WHO - ANY J.O. PLAYER BETWEEN THE AGES OF 12 AND 18


COST - \$199 FOR TWO TIMES PER WEEK, OR \$299 FOR THREE TIMES PER WEEK

HOW TO REGISTER - CALL GENE AT 779-1234, OR EMAIL GTOMS@ADRENALINESF.COM


ASF Athlete News


 **Emily Wright**, a sophomore at Mason, continued her domination of the local golf scene. She finished ninth in the state, and was named second- team all-Ohio. Emily, along with her GMC Player of the Year award and being medalist of the sectional tournament, was medalist of the SW Ohio District tournament on Wed., Oct. 8, at Weatherwax Golf Course. Emily also has the lowest stroke average in Greater Cincinnati at 37.46 strokes per nine holes.


 **Amanda Shelby** continues to be ranked in the top 5 in high school Cross Country. The Lakota West freshman recently finished second in the districts.

 Fifty year old **Tim Elliott**, competing in the Kentucky State Senior Olympics, received a gold medal in the shot put, discus and javelin!









 The **Warren County Cheetahs** won the Arsenal Cup Challenge for the third year in a row!

 **Luke Zachrich**, UFC athlete, won his September fight in 15 seconds with a devastating knockout of his opponent.

 **Brittany Harriel**, recently committed to play basketball for Division I Southeast Missouri State. Brittany is a senior at Lakota West.

 **Dani Graham**, stud volleyball player at Lakota East, will be attending Division I Georgia Southern next year.


Teams/Organizations currently training with or at ASF


-  Miami University Rugby Club
-  Lakota West Girls Basketball
-  Japan Karate Do Organization
-  Cincinnati Brazilian Jiu Jitsu Academy
-  Lakota Ridge Football
-  Warren County Cheetahs Soccer
-  Woodland Elementary
-  Cincy Magic softball


**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.

4 (MORE) WAYS TO GET FASTER

 **Improve your body composition.** You can do this in one of three ways: Increase your lean body mass, decrease your body fat, or some combination of those two. Fat is a non-functioning tissue in terms of speed enhancement. You don't need fat tissue to help you run [endurance events can use fat as a fuel source, however]. Plain and simple, most kids will get faster by losing some weight.

 **Relax.** One of the biggest mechanical flaws we see is tightness in the face and shoulders. That tightness will not allow the natural arm motion to be optimal. By relaxing the facial muscles and shoulders/traps, arm swing can improve your overall running form.

 **Get strong(er).** While it seems simple, most, if not all, kids are not strong enough relative to their body weight. Far too many athletes are too weak to run fast. Speed is about providing force into the ground which, in turn, provides force through your body, propelling you in a given direction. Once you learn *how* to run [ie mechanics], then it is time to put more horsepower in the engine!

 **Skip.** Initial improvements in running are not about running, per se. We always utilize multiple forms of skipping to enhance three gross motor patterns: Coordination, timing and rhythm. As the central nervous system learns a new motor skill or pattern, it will store that for future use, assuming there is quality repetition. Because skipping so closely resembles running, there are immediate improvements without even running.

“A hundred years from now, it will not matter what my bank account was, what sort of house I lived in, or the kind of car I drove...but the world may be different because I was important in the life of a child.”



CHILDHOOD OBESITY

The economy, foreign oil, health care, the war in Iraq, these are some of the big issues facing our country and the next president. Add one more to that list: Our children's health, or more specifically, the problem of childhood obesity. *For the first time ever, our children are on a pace to not outlive their parents.* Read that again. It is amazing to even think that, even if it may or may not happen. I recently attended the Ohio Childhood Prevention Obesity Forum. It outlined the problem of childhood obesity, from the many root causes to the many possible solutions. Just like the examples that started this article, there is no easy fix. We made this mess, now we have to deal with the consequences. But make no mistake, it is an epidemic, and it can be fixed.

Below are a few startling statistics that put the problem into context. This is no longer something we can ignore and hope it goes away. In the last twenty years, overweight kids have tripled in number! Gone are the days of playing outdoors and PE classes three times a week. Our sedentary, highly technological lifestyles have caught up to us and been passed on to our children.

During the talks at the Forum, I was amazed at how calm each presenter was. *"Just the facts, ma'am"*. Okay, we get it, there is a problem. I kept waiting for someone to quit hashing out statistics and show some real emotion. I understand there are steps to tackling this huge issue, but at some point, some one has to get mad! That is the only way things get done in this country. We are a very retro-active problem solver. This did not happen overnight. Did we not see this coming?! I hope you can sense the urgency in my writing voice. We all share in this solution; therefore, we all need to be held accountable. Do your part to make sure this problem does not get any worse and slowly but surely, it will get better. Look for tips on how to make this happen in the coming weeks in your email inbox.

Overweight or obese:

- **30.5% of Ohio children (10-17 y)¹**
 - 16.3% overweight (vs U.S. 15.7%)
 - 14.2% obese (vs U.S. 14.8%)
- **63.5% of Ohio adults²**
 - 35.4% overweight (vs U.S. 36.7%)
 - 28.1% obese (vs U.S. 26.3%)

¹ National Survey of Children's Health (NSCH), MCHB, 2003

² Behavioral Risk Factor Surveillance System (BRFSS), CDC and ODH, 2007

ASF Proudly Partners With The Following:



Life Without Limits, LLC
Muscle Activation Techniques



Dr. Barbara Walker, Sports Psychologist - Center for Human Performance

ADRENALINE SPORTS & FITNESS MISSION STATEMENT

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

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