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The first week of May has been designated National Physical and Sport Week [May 1-7]. It seems funny to me that we have to designate a special week or day for just about everything, but at least it is a start. **To help with the promotion, Adrenaline Sports will be offering all of our programs for free to new kids and adults May 1-8.** That includes our athlete training programs, adult boot camps and semi-private training. Physical education and activity, nutrition and obesity are intimately tied together. It is not breaking news that our youth have never been more overweight, more inactive and more sedentary. Here are some statistics that may surprise you:

Overweight Among Youth

- The percentage of young people who are overweight has more than tripled since 1980. Among children and teens age 6 to 19 years, 16 percent (over 9 million young people) are overweight.
- About 10 percent of children ages 2 to 5 are overweight.
- Four in 10 Mexican-American and African-American youths ages 6 to 19 are overweight or at risk of being overweight.
- Approximately 60 percent of obese children ages 5 to 10 years have at least one cardiovascular disease risk factor, such as elevated total cholesterol, triglycerides, insulin, or blood pressure and 25 percent have two or more risk factors.
- Children and adolescents who are overweight by age 8 are 80 percent more likely to become overweight or obese adults.

Participation in Physical Activity by Young People

- More than a third of young people in grades 9 to 12 do not regularly engage in vigorous physical activity.
- One-third of young people in grades 9 to 12 get an insufficient amount of moderate to vigorous physical activity.
- Over 11 percent of high school students get no moderate to vigorous physical activity.
- Participation in physical activity declines as children get older. Sixty-nine percent of ninth graders participate in vigorous physical activity on a regular basis, while only 55 percent of 12th graders participate in the same level of activity.
- Overall, among high school students, males are more physically active than females and white students are more active than black and Hispanic students.

Participation in School Physical Education

- Nationwide, the percentage of high school students enrolled in physical education was 56 percent in 2003 (71% of 9th graders, 61% of 10th graders, 46% of 11th graders, and 40% of 12th graders).
- The percentage of students who attended a daily physical education class has dropped from 42 percent in 1991 to 28 percent in 2003.
- The percentage of schools that require physical education in each grade declines from about 50 percent in grades 1 through 5 to 25 percent in grade 8, to only 5 percent in grade 12.
- Eight percent of elementary schools, 6.4 percent of middle school/junior high schools, and 5.8 percent of senior high schools provide daily physical education or its equivalent (i.e., 150 minutes per week for elementary schools; 225 minutes per week for middle school/junior and senior high schools) for the entire school year for students in all grades in the school.

Public Support for Physical Education

- Ninety five percent of parents said that physical education should be included in the school curriculum for all students in kindergarten through grade 12.
- Eighty five percent of parents and 81 percent of teachers believe that students should be required to take physical education every day at every grade level 8 and 92 percent of teens said that they should receive daily physical education.
- More than 75 percent of parents and teachers believe that school boards should not eliminate physical education for budgetary reasons or because of the need to meet stricter academic standards.

Source: www.aapherd.org

Identification of key markers is only the beginning; swift and immediate action is the next step. I hope you assume an active part of the solution to ensure kids are healthy, happy and active.

RECENT BLOG POSTS...

Here are some recent headlines I have posted on my Adrenaline Junky blog.
Click on any link for the rest of the story.

GENDER DIFFERENCES AND CONCUSSIONS

MIDDLE SCHOOL PHYSICAL FITNESS LEVELS

GENES AND ROTATOR CUFF INJURY

**COLLEGE ATHLETE'S HEART PROBLEMS GREATER
THAN PREVIOUSLY THOUGHT**

INJURY RISK FOR SOFTBALL PITCHERS

**BEST EXERCISE MODE TO BURN BODY FAT HINT: IT
ISN T AEROBICS!**

**PHYSICAL ACTIVITY AND KID S CLASSROOM
PERFORMANCE**

DOES THAT GATORADE REALLY DO ANYTHING?

**IT'S ON!!!
ONE FREE YEAR OF BOOT CAMP**

**STARTING JUNE 1ST, WE WILL BE HOLDING A
CONTEST FOR 12 WEEKS FOR ALL BOOT CAMP
PARTICIPANTS. THE GRAND PRIZE WILL BE A
FULL YEAR OF BOOT CAMP FOR FREE!**

STAY TUNED IN MAY FOR THE FULL DETAILS.



As some of you know, ASF helped prepare the nationally ranked rugby club from Miami University for the Spring Nationals in Florida and California. As of this writing, they are only two wins away from the title!! They won their first match against East Carolina 36-10 and second match against Northern Colorado 50-7. They will play for the Division II title on May 1 and 2 in California. I will keep you posted on how they do. As an alumnus, I am certainly proud to be a Redskin! One of the alumni in attendance, and former Miami rugby player, had this to say about their level of conditioning and athleticism:

“After watching the Miami rugby team last weekend in the opening round of nationals, it was obvious their fitness and athleticism were the class of the tournament. I know that between you and (head coach) Jared (Moore) you have worked to build a very fit and incredibly athletic team.

A few things about their physical performance that really stood out to me are:

- 1. They were much fitter than Northern Colorado, a team that trains at altitude and is considered one of the Division 2 power houses.*
- 2. Every one of the players demonstrated the ability to make 'hard cuts' that often left the opponent trying to tackle air. Some of the players were naturally gifted before the Adrenaline training, but from what I remember in the early fall none of them had the consistent ability to routinely and instinctually side step around or power step through their opposition. These feats of athleticism were a sight to behold.*
- 3. Their defense was stifling. The combination of an aggressive defensive pattern combined with athletes who trained on how to react quickly and with the physical power to tackle completely took our opponents out of the game.*
- 4. The physical fitness and their improved agility kept their injury rate low. Fitter, more agile players simply control their bodies better, go into contact situations on their own terms and thus are much less likely to be injured. The one main injury, a split forehead, was the result of blunt force, not lack of conditioning or agility.”*

We can do the same for your team! All you have to do is let us know how we can help. Team training consists of five or more from the same team, club or organization; rates are discounted based on the number of athletes that are training.

WHAT IS THE PROPER AGE TO START STRENGTH TRAINING?

One of the most frequent questions I have been asked over the years is, “At What age should my son/daughter begin lifting weights?”. If this question was asked twenty or maybe even ten years ago, the answer might have been, “in the mid to late teens”. Now, several leading organizations and research indicate a different picture. Before I give you my opinion, we should clarify some definitions:



:: *Weight lifting* – The Olympic sport consisting of the snatch and clean and jerk events.

:: *Weight training* – The traditional method of lifting dumbbells, barbells and/or using machines.

:: *Strength training* – Using any modality, from free weights to kettlebells to bodyweight, to get stronger. A close cousin to this term is *resistance training*, which is using any modality that provides resistance to a muscle(s). Non-conventional forms of strength training also include tires, ropes, fire hoses, medicine balls, pneumatic (air) resistance, sleds, bands, chains, sandbags, etc. This term is what we always use when describing our answer to parents and/or athletes.

The main objective of strength training is to increase the force-producing capabilities of muscle tissue. This is accomplished via progressively overloading the muscle to perform more overall work (strength emphasis), or at a higher velocity (power emphasis). Simply put, strength training puts more horsepower in your engine, allowing you to be a better athlete

There is still confusion on the exact age to start *weight* training. But, any age can begin *strength* training! It is ironic that we will subject our kids to collision sports (football, hockey) and contact sports (basketball, soccer) but still think they will get hurt by strength training. Sports such as gymnastics and baseball place a much higher demand on certain structures of the body, yet kids are routinely asked to play these sports several months in a row. Even recess can invoke bodyweight forces in excess of three times a kid's bodyweight with certain activities!

Statistically, weight training exercise has one of the lowest injury rates among children, or any other age group. Just like anything else, under proper supervision, strength training can be implemented for kids as young as six or seven.

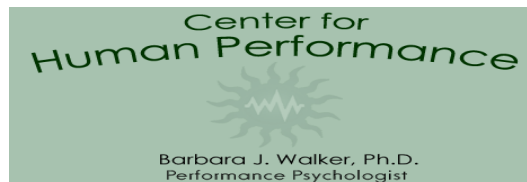
Remember the working definition of Strength training from above. At ASF, our youngest kids (8 to 11) will do some form of training to get stronger, namely bodyweight, bands and medicine balls. They love it, the parents love it, and there is no greater feeling then to see a kid's confidence go through the roof as he/she gets stronger!

If we are strong, our strength will speak for itself. If we are weak, words will be of no help.
(JFK)

ASF Proudly Partners With The Following:



Life Without Limits, LLC
Muscle Activation Techniques



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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