

THE CHAIN OF PERFORMANCE

If you break down the continuum of human performance, there are three broad categories that determine success:

Training - Recovery - Nutrition

Sounds basic enough, right? Train hard, eat food and sleep. However, it turns out that the above have to be optimal for improvements to be made.

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"Your training/performance/results is/are only as good as the nutrition and recovery that follow and precede it."

I have argued that point for years with the adults and athletes that I have worked with. Most people have a pretty good grasp on the training aspect -- frequency, intensity, duration, progression -- but do not put the same effort in to the other 23 hours of the day. That is where the bulk of the adaptations take place!

Training is the catalyst that starts the adaptation in motion, *but it is proper nutrition and recovery strategies that complete the change that is desired.* You cannot out work a crappy diet and poor sleep habits! You will make some progress but never realize your potential. If you work your butt off, don't you want to see the payoff? Whether that is lower body fat, increased muscle tone, faster times, higher jumps, etc.

Ultimately, your success or failure is 100% up to you. We are born with the capacity to make intelligent decisions which will lead to desired consequences. What's it going to be?



Why i LOVE my job – parts 1 & 2

Most of you reading this have been to ASF. You are an athlete, a coach, a parent, a boot camp killer. For those of you who have not, this still applies.

"Love what you do and you will never work another day in your life"....I forgot who originally said that, but it certainly holds true for me. Stick with me for a couple of minutes as I go over my personal reasons for doing what I do....you may even agree with a couple that apply to your vocation.

1) I can't get it out of my system. The "it" I am referring to is athletics, sport, competition, physicality. I know the power of playing sports and the lessons that go along with it. Opening ASF allows me to give back to young athletes some of the same lessons that I learned growing up with sports as my platform.

2) I don't want to work for someone! Plain and simple. Call it any name: rebel, entrepreneur, leader, non-conformist. I want to do things the way I want to, when I want to and where I want to. It doesn't mean I will always do it right, but I am willing to learn from what I did wrong and correct it. I want to make mistakes because it empowers me to always do better. There is no worse way to go through life than to hate what you do and who you work for.

3) Kids make life interesting. Adults are pretty boring (sorry adults, but we are). Kids give me energy which I reciprocate. Kids make me think in new and creative ways.

4) I really, really want to make a difference in the lives of the people that I work with. It can be getting faster, stronger, quicker, but also more confident, more positive and mentally tough. I think that the initial reason that people come in isn't always the reason they continue.

5) When I wake up, I can't wait to get to work. When I am done, I don't want to leave. How many can say that?!

6) ASF has definitely taken on the personality of its owner...I am a little out there, as most of you have figured out. In order to survive as an island in a sea of mediocrity, I want ASF to be different and better. I am pretty sure we are unlike any place in Greater Cincinnati, so we are definitely **different**. I am always working on establishing ourselves as the **best**....that process never ends!

7) Every class I teach, every athlete I train, every Boot Camper I torture☺, I also help myself in the process. There is a symbiotic relationship with the giver and the receiver. The more people that I help; the more people help me in return. Ralph Waldo Emerson believed that, "You cannot help someone without also helping yourself in the process."

8) Operating ASF has helped to satisfy my unyielding need to learn. Some people are addicted to drugs, food, alcohol, etc., but my addiction is the attainment of knowledge. Every thing I read, watch and listen to is directly shared with the athletes and adults at ASF.

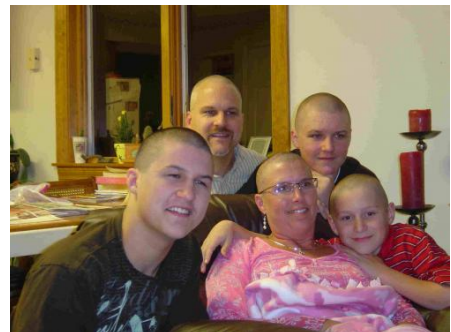


NEWS AND NOTES

In honor of Breast Cancer Awareness Month, I thought everyone would enjoy a very motivational story from an amazing individual: Laura Swingle. Laura and her two sons have trained at ASF for the past two years. Laura is an inspiration to everyone at ASF, especially our warriors in Boot Camp....

“My name is Laura Swingle and I’d like to take a few minutes of your time to tell you my story. I wouldn’t say that I like to work out. For many people making the commitment to work out regularly is difficult and I am no different. Once I began, however, I noticed a huge improvement in how I felt. My strength increased dramatically and I no longer felt fatigued at the end of my days spent marshalling three growing boys through all their activities. Through my sweat, the supremely competent guidance of all the ASF staff, and the friendship and camaraderie of my fellow “recruits” in Boot Camp, I’ve come to love each session. I was working out 5 days a week when I was diagnosed with breast cancer in Dec. 2008. While I was going through chemo and feeling very sick, I was not able to work out, which was hard, because I knew that I was going to lose some of the muscle that I had worked so hard to get. I finished with chemo and then had surgery; after about 6 weeks, I started with radiation. I started back at Adrenaline while I was about half way through radiation. I was only able to work out 2 days a week, and some weeks only 1 day, but this has helped me get through the last few weeks of radiation. I still haven’t gotten back to the 5 days a week, but I am so glad that I am able to work out again. Exercising helps me alleviate the side effects from the chemo and radiation. I would just like to encourage anyone who might be afraid to try boot camp, or even just to start a workout program to give it a try. Stop coming up with excuses to not work out. **If I can do it anyone can!**”

For more on Laura's journey, as well as others beating the odds, please visit <https://www.caringbridge.org/visit/lauraswingle>



STEPPIN' TO THE A.M.

That was a favorite song of mine by 3rd Bass from my younger years. It is also to let you know that there will be early morning Boot Camps starting the week of October 26. There will be a 6:00 am class on Monday and Friday and 9:30 am on Tuesday and Thursday. If you are interested, please contact Linda Mitchell at lindalu@lindalufitness.com

Recent Blog Posts:

Group exercise makes you happier
Keys to Living Longer
USA last in health care report card
New Screening Tool to Predict ACL injury Rates



We have several items in our lost and found box. If you are missing anything, please claim it by the end of November or it will be donated to Goodwill.

ASF partners with Mother Theresa Catholic Elementary School

ASF took its show on the road for a few weeks at the beautiful gymnasium on the MTCES campus in Liberty Township. I had a lot of fun and the kids really made some progress on the skills of acceleration, deceleration and change of direction. This program will likely be offered in the spring as well. Below are a few of the kids posing for a picture.



How you can help ASF grow

I have a favor to ask of you: If you and/or your child have enjoyed your experience at ASF, would you mind “paying it forward”? If it wasn’t for each of you telling others, ASF would not still be around. I sincerely appreciate everyone who has spread the word!

Here are a few ideas to get you started~

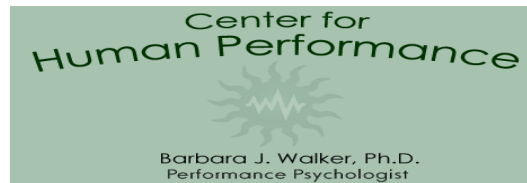
- Ask your coach if he/she would like to bring in the whole team to ASF for a free training session.
- Cross-link our website and your website.
- Trade business cards to place at each other’s work place.
- Refer other kids (and get money in the process!).
- Buy gift certificates for the holidays.
- Ask your school/business if ASF can come in for a free talk or demonstration.
- Become a fan of the ASF Facebook page.
- Become a part of the ASF Street Team.

For more details on any of the above, please ask Tony.

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.**

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