“If what you did yesterday seems big, you haven’t done anything today.”

-Lou Holtz
Great teams have great leaders. Player coaches are necessary if you want to win games. They understand the head coach’s philosophy and lead their teammates at all times. The teams below display the importance of player coaches. They had/have great coaches and high level leaders. The dynamic duo for success!

- New England Patriots: Tom Brady
- Los Angeles Lakers: Kobe Bryant
- USA Women’s Soccer: Abby Wambach

Energy, attitude, work ethic: areas that reflect leadership. Hard working teams possess hard working leaders. Simple as that. Player coaches can make you. Lacking them can break you.

Job Opening: Player Coach

- It’s a tough job but someone needs to do it.
- Every team needs one- are you up for the challenge?
- Read below to see if you qualify.

Job Responsibilities:

- Be vocal. There has never been a silent ambassador. Communicate to spread the head coach’s message.
- Possess and radiate a positive mindset.
- Lead from the front, not the back. First to practice, lift, or team bus.
- Set team standards and hold others accountable.
- For every dose of negativity provide a larger dose of positivity.
- Set the bar (team goals) and motivate others to extend their reach.
- Won’t be outworked. Ever.
- Won’t do anything to tarnish your leadership role (partying, etc).
- Rock that won’t be weathered. Resilient in times of adversity or team struggle.
- Care about the wellbeing of your teammates. Protect the flock!

A picture is worth a thousand words. To the left are two photos that define what it means to be a player coach.
Keep informed of regulations. As a student-athlete you must be aware of substances that are banned by the NCAA. Not doing so could jeopardize your athletic career and put your safety at risk. The list is updated annually at www.ncaa.org.

Never assume a supplement is safe or effective. Understand that supplements are regulated differently than medication or food. As a result there is minimal oversight of products. Safety is of the utmost importance. There is always a risk of a supplement containing a banned substance as well. And keep in mind, if something sounds too good to be true, it probably is!

Only use as a supplement, not a replacement. Recognize that no supplement can take the place of following a healthy diet. This goes for sports food supplements as well such as bars, gels, and sports drinks.

Work with your performance staff (dietitian, strength and conditioning coach, athletic trainer) prior to taking a supplement. They will have access to or can direct you how to access 3rd-party testing information regarding supplements. This can include checking for things such as banned ingredients or contaminants. One such testing company is NSF, which has an online Certified for Sport product directory at www.nsfsport.com.
Train Hard by Chris Hays

Trained Versus Tapered

When training during a competition season, there are a few different levels of readiness that can be achieved based on the sport and goals. Sports like swimming and track & field may only need to be at their best for one or two big events, whereas sports like basketball and baseball may want to be close to their best on a weekly and even daily basis. It is vital for the sport coach to plan and communicate very closely with the strength & conditioning coach so that there are not competing demands between the team’s practices & physical preparation.

A scientist by the name of Hans Selye first introduced what we now know as General Adaptation Syndrome (GAS) back in the 1950s. What it tells us is very similar to Wolff’s Law - that the body adapts to the stresses that are placed upon it. The more stress that’s applied, the greater fatigue accumulates. The greater the fatigue, the lower the athlete’s readiness will be. However, when the proper amount of training and recovery are fused together, significant increases in performance can occur. This can be designed to happen on a weekly or daily basis through auto-regulation and monitoring (basketball, baseball), or drawn out over a much longer period through more extended bouts of training followed by tapering and peaking methods (swimming, T&F). It is important for the athlete to understand which approach their coach is taking and, more importantly, that it may be OK for them to feel sore or fatigued at times. After all, there is no substitute for good, hard training!

WORK YOUR PLAN by Brandi Walker

Why do you train?

I was recently on a plane and had a great conversation with a couple coming back from Memphis. They told me they had just run a marathon, which is nothing out of the ordinary. As the conversation continued, the husband told me he was part of a marathoners club where the top tier membership requires members to either run 52 marathons in 365 days, or 30 marathons in 30 states in 365 days—he was on the top level. I asked him what would make him want to do that much running and training. He told me he began running marathons because “My whole life I was told I’m not fast enough to do this, not strong enough to do that. But when I get up to the starting line, the only thing stopping me from completing my task is me”. He said he hopes that running the marathons will inspire others to set a goal and complete it. He is motivated by all the people he has inspired throughout the years and his desire to prove the people wrong who said he could not accomplish his personal goals.

We all have something that motivates us to compete in our sport. For some it’s a personal goal, for others it’s a family member or friend, for some it’s a conversation that was held with someone years and years ago. Whatever the case may be, let that motivation fuel your daily training. Let it inspire you to train so hard that achieving your goals becomes that much easier. Keep that in mind as you begin each practice, lift, or game.

Contact information:
Director of S&C: Matt Johnson (mattjohnson@gwu.edu)
Brandi Walker (bwalker3@gwu.edu)
Daniel Raimondi (draimo@gwu.edu)
Chaz Berry (chazb@gwu.edu)
Chris Hays (chrisjhays@gwmial.gwu.edu)
Cayley McClean (cemclean@gwmial.gwu.edu)
Director of Sports Nutrition: Lauren Trocchio (ltrocchio@gwu.edu)