10 TIPS TO A SUCCESSFUL YEAR

Welcome back Colonials! I hope you had an eventful summer of training and time with family/friends. My staff and I are excited to see what you, your team/coaches accomplish this year. Here are 10 tips to make the most of the year ahead.

1. ATTENDANCE: Attend as many formal training sessions as possible. Avoid missing consecutive sessions. Like classes, we follow a lesson plan. If you miss a session you miss that days material. Poor attendance sets you back.

2. MAKE UPS: School comes first. You cannot miss class for training. If you miss training, reach out to your strength coach to arrange a time to make up the workout.

3. BREAKFAST TRAINING TABLE: Your attendance at training table is mandatory during 20 hour period. Enjoy the time with friends and fuel for the day!

4. DINE IN OR TAKE OUT: You have two options to enjoy training table. You can either dine in or take out. You cannot do both.

5. EXTRA WORK: Everyday can and should be a training day. There is always something you can do to improve your performance. We are ready and able to help. Touch base with your strength coach and ask for extra work. We will never turn you away.

6. LISTEN: Training isn't social hour. Have FUN and give your strength coach the attention they deserve. Knowing sets, reps and percentages is information you should know. Answering these questions distracts us from focusing on more important areas such as your technique.

7. EFFORT: You get out what you put in. If you give us failing effort the result will be a failing grade. It's something you control every time you walk into the weight room. Give us your best; we will do the same.

8. SCIENCE WINS: The program you follow is research based. We are invested in you and have worked hard to design a program for your performance goals. Trust us. We take a lot of pride in our job, your goals are our number one priority!

9. SUPPLEMENTAL TRAINING: Always run accessory programming by your strength coach. Working hard is needed but you must also work smart. Inform us what you are doing. We will let you know if you should continue or modify your accessory work.

10. ENCOURAGEMENT: Be vocal. Our weight rooms are not "ME" environments. They are "WE" environments. Provide encouragement to your teammates by your daily words and actions. Negativity is unacceptable and will not be tolerated.

Focus on your effort day in and day out. Your year will be determined by the sum of your daily habits. Raise High!
The Colonial Strong Staff is proud to welcome new graduate assistant Colin Kidwell. Coach Kidwell was born in Washington, DC. He grew up locally and went to High School at Churchill High School in Potomac, MD. Coach Kidwell participated in both Soccer and Boxing as he grew up, and continued that passion in college as a 4-year letterman at Washington College in Chesterton, MD.

Since graduation, Colin has spent 4 years studying strength and conditioning under a number of different coaches, working in both the private and public sectors. Growing up, he trained under hall of fame martial artist, Master Tarek Hussein at Capital Martial Arts and Kamikazee Martial Arts in Rockville, MD while playing soccer for the Potomac Soccer Academy. He later spent close to a year working and training under former 10x world champion John Wayne Parr in Australia. From there, he worked under the strength and conditioning coach at his alma mater before moving back to Washington, D.C. He spent 4 years studying under Mark Shropshire of Shropshire Sports Performance while working as a performance coach for the Brit-Am Soccer Academy. He currently holds certifications as a CSCS through the National Strength and Conditioning Association, a USA Weightlifting Sport Performance Coach, a Functional Movement Screen Specialist, United States Soccer Association - Level D, and as a Certified Functional Strength Coach. He will be pursuing his masters in Exercise Science with a focus in Strength and Conditioning.

Welcome Coach Colin Kidwell!
Fueling on a Budget

There is a science to fueling an athlete – we start by identifying needs for things like calorie, protein, and fluid intake. But there is also an art – how we meet those needs. For collegiate student athletes, sometimes that art is put to the test: how to meet athlete nutrition needs while on a college student budget. So here are some tips for stocking your dorm room at a reasonable price.

GENERAL TIPS FOR SAVING MONEY

- Protein can be the most expensive food per serving - incorporate cheaper options like eggs, milk, beans, canned tuna/salmon, and peanut butter.
- Buy poultry, meat, or fish on sale and in bulk then freeze it.
- Choose frozen fruits and vegetables – they are both cheaper and last longer, which likely means less wasted.
- Choose fruits and starchy vegetables with a longer shelf-life and buy in bulk bags – apples, pears, oranges, potatoes, and sweet potatoes.
- Buy non-perishable items in bulk – oats, pasta, rice, barley, cereals.
- Freeze bagels, breads, tortillas, and English muffins to prevent wasting them.
- Use oil and vinegar/lemon juice for dressing.
- Minimize the use of protein powders, bars, and shakes – supplements are expensive and should be solely used to supplement food intake.
- When purchasing off a salad or hot bar, limit foods that weigh more, such as hardboiled eggs, watermelon, meats with bone-in.
- Try eating out less. Making your own food will always be cheaper than eating out.
- Buy non-perishable goods like cereals and nuts from online retailers, which are often cheaper than stores.
- Use a standard grocery list when you shop, and don’t shop hungry - you’ll end up buying more than intended.
- Choose between time and money: to save money, buy more bulk-sized goods and unprepared foods (large yogurt container, bag of unpeeled carrots, raw meats). To save time, choose more single serving and pre-made foods (single yogurts, cut vegetables, pre-cooked chicken).

Sample Staples List on a Budget

PROTEIN
- Beans (canned or dried)
- Tuna/salmon (canned)
- Milk
- Yogurt
- Eggs
- Peanut butter
- Meat or bean-based soups
- Poultry, fish, lean beef/pork (on sale or frozen)

GRAINS/CEREALS
- Oats
- Brown rice
- Whole wheat pasta
- Barley
- Quinoa
- Potatoes/sweet potatoes
- Whole grain breads, bagels, English muffins, and tortillas (can freeze extra)
- Whole grain cereals

FRUITS/VEGETABLES
- Frozen fruit/vegetables
- Bagged whole fruit
- Applesauce
- Canned fruit (in 100% juice)
- Canned tomatoes, corn, green beans (rinse and drain with the exception of tomatoes)
- Canned/boxed vegetable soups

FATS
- Olive oil
- Canola oil
- Nuts and seeds (peanuts, cashews, almonds tend to be cheapest)
- Peanut butter
This summer was filled with many new things for me. I was able to improve my own toolbox by working at a private sector facility and by getting to know some of the other strength coaches in the area. I learned more about what it takes to be great in the field and how to get there. Over the summer, I also invested time into increasing my knowledge of various training concepts through reading books by Strength and Conditioning greats and by dissecting current scientific research. In July, I was able to become a competitor again for the first time since I finished my undergraduate degree by setting some PR’s in my first ever powerlifting meet. A lesson that has been reinforced for me over the past few months is this: there is something to be learned from every situation. Sometimes it’s how to do something; sometimes it’s how not to do something. Stay humble and strive to better from every encounter in life.

Over this past summer, I had the fortune to visit or speak with close to 30 coaches, attend multiple courses/seminars and begin an internship opportunity at a local training facility in Maryland. From these experiences, I’d like to share three of my biggest takeaways - hopefully they can extend outside of the realm of strength & conditioning and into your life as a student-athlete, coach or person.

1. You’re never too smart to learn from someone. On multiple occasions at the clinics, fellow coaches corrected me on a movement, technique, etc. My initial response was to say, “Yeah, thanks, I know that” - but instead I held my breath, remained humble, and ended up having healthy & positive exchanges.

2. Spending money on your future isn’t an expense - it’s an investment. Over the spring I decided to take out a chunk of change to help me get through the summer without having to work a secondary job - and I can say without any doubt that it was worth every penny. The relationships and experience will help me this year and beyond. Are you investing in yourself?

3. Make yourself indispensable to your program. This insight was given to me by another coach and can apply to any walk of life. If you were gone for a day, would your team notice? Would your staff? Hopefully the answer is yes - but the point is to make sure you are doing the necessary things to ensure that that is the case.
The domino effect: everyone can conjure the image of one domino setting off a chain reaction that knocks over an entire series. It applies to human behavior as well. Our actions can be caused, for good or for bad, by the little things in our daily lives that are seemingly unconnected. Here’s a simple example, courtesy of James Clear: everyday, after you wake up, make your bed. What most people find is that the simple act of making the bed causes them to be more proactive in cleaning their room, or doing their dishes, or folding their laundry. One simple act caused this feeling of maturity, of linking in your mind the idea that you’re an adult, and adults make the bed. And, if adults make their bed, they also should do the dishes, and eat healthy, and have a clean room. You can do this yourself with other behaviors, especially the ones that are less useful. It becomes part of your identity. No longer is it simply about making the bed or flossing your teeth. The mindset becomes, "I’m not the kind of person who doesn’t make the bed". As James Clear puts it, to be successful with this principle, do 3 things: start with the things you’re most motivated to do. Build momentum and keep it going onto the next task/behavior. Keep your tasks small and manageable. Remember one small action can have massive implications!