

OUR MISSION:

- Provide our student athletes with the means by which they can develop work-ethic, discipline, attitude, pride and a total program.
- Provide our athletes with state of the art equipment and facilities to promote a safe and professional environment.
- Prevent injuries and enhance athletic performance.

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Strength & Conditioning Update -

Abby Richey, RD

With the end of the semester, the strength staff has announcements regarding staff changes and weight room hours.

Brian Herzog will be leaving our staff this coming week. He has accepted a position at the University of Wyoming. Brian has spent over 2 years with Irish football, golf and cheerleading. Brian's last day will be May 4th. Make sure you stop by and wish him the best!

We will also have an intern arriving the first week of May.



Eric Overland, whom you might remember from this spring, will be returning for a year-long internship with the strength staff. We're excited to have him back working with our athletes. Look for him to write future articles in

the newsletter.

Finally, the end-of-semester weight room hours

Guglielmino Weight Room

Study Days: Th 8-4pm; F 8-3pm

Finals: M-Th 8-3:pm; Fri 8-2pm

JACC Weight Room

Finals Week and Study Days: M-F 8-4:00pm

Summer Hours: TBD, check for posting on weight room doors.

HAVE A GREAT SUMMER!

SUMMER TRAINING AND NUTRITION STRATEGIES



Abby Richey, RD

With summer right around the corner, it's time to start thinking about your summer training goals. Here are some tips to get you started:

1. Set a training goal. To achieve your goals, you will not only have to train hard, but you'll need to eat well.
2. Use your summer training manuals. You receive training manuals from your coaching staff and from your strength coach. Use the manual to help you set your goals.
3. One of those manuals will have a nutrition section.

Take time to read through that section. It can serve as a guide and keep you focused on your goals.

4. Keep a food journal for 2-3 days per week. Let that serve as a check-up for your eating habits. Record the food you eat like you would record your workout.
5. E-mail your food journal back to me. If you want suggestions on how to improve, shoot me an e-mail to check out what you are doing.
6. Check back with me throughout the summer. I am either in the office or

check my e-mails daily. E-mail questions or concerns and I'll get back to you quickly.

7. Work to achieve your weight and body composition goals during the summer. Your ultimate goal should be to come back well conditioned. Check in with me, before you leave for summer. I will help get you set-up for weight/body comp changes

Summer is a great time to relax and enjoy your time. Have a great summer but don't lose track of your athletic goals. Stay focused by using the tools and resources we provide.

BBQ BEEF FILLED BISCUITS

Recipe from kraftfoods.com

Yield: 4 Servings (2 biscuits/serving)

INGREDIENTS:

- 1/2 lb extra-lean ground beef
- 1 medium green pepper, diced
- 1 medium carrot, shredded
- 1/3 cup BBQ sauce
- 1 can (7.5 oz) refrigerated biscuits
- 1/2 cup reduced fat mozzarella cheese



DIRECTIONS:

1. Brown meat in skillet. Drain and add green pepper. Cook 5 minutes or until peppers are tender. Remove from heat and add carrots and BBQ sauce. Mix well.
2. Separate biscuits. Place 1 biscuit in bottom and sides of muffin tin sprayed with non-stick spray.
3. Spoon meat and veggie mixture into biscuit cups.
4. Bake at 375 degrees for 10 minutes. Sprinkle with cheese. Continue baking until biscuits are golden brown and cheese is melted.

* Add in a salad for a complete balanced meal that is low in fat, adequate in carbohydrate and a good source of iron.

SUPPLEMENT: EAS Muscle Armor

Claims:

1. Minimize muscle breakdown.
2. Maximize tissue repair

Ingredients:

Calories: 120 (mixed with water)
Carbohydrate: 9grams
Protein: 0 grams
Fat: 0 grams
BCAA and HMB: 15.5 grams

Serving: 1 scoop with 12-14 oz of water 2 times/day with a meal.



Efficacy: BCAA and HMB have demonstrated to improve recovery and maintain muscle mass in catabolic clinical patients. With intense lifting creating a catabolic environment in the muscles, HMB and BCAA use in athletes has been researched.

There is mixed research on the use of HMB but most studies have shown effectiveness in the chronically ill population or untrained to prevent muscle wasting. Research in athletes has indicated a possible decrease in muscle fatigue and increase in strength.

EAS is used by several professional organizations. Specifically, you'll find NFL teams using Muscle Armor. EAS is certified by NSF; which is an independent company verifying that a product only contains what is listed on the label. While it appears safe, it may not be effective for all. If your diet is adequate in these nutrients, you may or may not see changes in strength or fatigue.

STRENGTH ATHLETE OF THE MONTH

PURE IRISH

LAUREN BISCARDI

SPORT: Track and Field—High Jump

Nominated by: Shawn Gaunt, CSCS

Achievement:

Lauren Biscardi, a sophomore high jumper, has worked extremely hard in the weight room



this season in her quest to return from lower leg surgery and reach her pre-injury performance levels.

She has increased her strength and lean muscle mass significantly over the last few months.

Currently, she is working toward qualifying for the NCAA Regional Championship meet in May. This will be her second year of qualifying. This is quite an accomplishment for such a young athlete.

Lauren realizes the need for strength in her sport and is definitely committed to the task!

CONGRATS
LAUREN!!

QUICK TIP

Develop healthy eating habits:

- Never skip a meal, you will be more likely to overeat at the next.
- Always include 3 meals every day plus snacks.
- Schedule meals like you schedule classes, meetings and workouts. For athletes, meals are just as important!
- Pack snacks for long days of classes.
- Eat slowly and enjoy your food! It takes your stomach 20 minutes to tell your brain you are full. Allow that communication!



STRENGTH AND CONDITIONING



We welcome your suggestions for future issues. Please contact us at:

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