

## 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

The Strength and Conditioning staff presents you with our inaugural monthly newsletter. The newsletter is a result of our staff wanting to keep our athletes, coaches and support staff informed on performance enhancing nutrition and exercise strategies. Each month we will bring you information you can put to work. We will visit topics we feel are important for our athletes or topics inspired by your questions and ideas.

Because we understand the connection between diet and exercise, we are including both topics in each newsletter. You cannot have one without the other, they go

hand-in-hand. Enhancing athletic performance requires dedication to both exercise and diet.

In each newsletter you can expect 1-2 nutrition articles and 1-2 fitness articles. Other features may include a short review of a dietary supplement,



a section for coaches, and healthy recipes for off-campus athletes. We will also feature an outstanding athlete each month chosen

by myself or a strength coach. This athlete must stand out of the crowd in the weight room and/or through diet changes. This column will be reserved for updates or additions to Strength & Conditioning.

Each exercise article will be written by one of our strength interns and nutrition articles by myself. We hope for this newsletter to provide applicable information for our athletes, coaches and support staff.

If you have a topic you would like to be discussed, please feel free to contact us.

Enjoy!

## The Debate: FOODS VS. DIETARY SUPPLEMENTS

Abby Richey, RD

Any athlete that has taken the time to stop in my office and discuss their nutrition habits has probably heard me say "I would rather you get that nutrient from food." Why do dietitians preach this day in and day out to their clients? After all, there is always an adequate dietary supplement

that you could take instead of getting that nutrient from food, right? Not exactly.

Sure you can find some pharmaceutical or non-pharmaceutical grade supplement out there that could probably replace every nutrient that you consume. There are meal replacement shakes, pre-workout, post-workout

shakes/powders, vitamin this and mineral that and energy drinks. Is this the best way for an athlete to:

- 1) Build Muscle
- 2) Delay Fatigue
- 3) Enhance Recovery
- 4) Prevent Chronic Disease

Cont. on page 2.

## Supplements cont.

Cont from page 1.

The truth is, it's not the best way for an athlete to enhance athletic performance and maintain adequate health. Here are two very important reasons for you to choose food first:

# 1—Research has shown time and time again that some individual nutrients taken alone, lose their protective and preventative effects. The isolated nutrient loses its “gusto” when taken out of the whole food.

Whole foods are beneficial for a reason—each individual nutrient works with other nutrients in a certain food to

- 1) Make a food taste good
- 2) Posses protective or preventative properties
- 3) Delay fatigue
- 4) Promote muscle building

Therefore, the ~70 mg of Vitamin C in one medium Kiwi Fruit would be much more beneficial than taking a 100 mg Vitamin C supplement. A nutrition shake may hold you over until you get a meal but **cannot** give you all of the nutrients needed to re-

cover from a tough workout. A balanced meal **CAN** provide you with the right nutrients.

You need the whole food to reap the benefits of specific nutrients!

#2—An overdose of nutrients might have negative effects.

To date the National Institute of Health continues to state that there is insufficient evidence to recommend for or against the use of dietary supplements. No recommendation? Here's why it's tough...

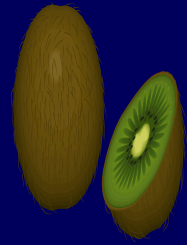
Today's food is so fortified with vitamins and minerals or extra protein. We probably get more nutrients than we know because of the fortification. Still, on top of eating those fortified foods, we take supplements. Is this safe?

The cumulative effects of supplementation and fortification does raise some concerns for exceeding tolerable levels of nutrients.

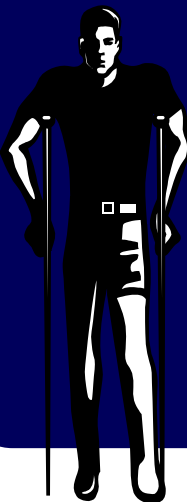
Here are some reason to be cautious

- 1) Taking excessive amounts of antioxidants (Vitamin C, A, E, etc) may actually inhibit the body's defense against harmful bacteria and cancer cells.
- 2) Taking excess amounts of any dietary supplement containing calories, is excess calories that the body may or may not need. If you're trying to lose or maintain weight, these supplements are not the answer.
- 3) Until supplements are strictly regulated by the government, they always carry the risk of containing a potentially harmful substance to both your health and athletic career.

**Bottom Line:** Food should always be your first answer. Dietary supplements are exactly that—a supplement to your diet. Never count on them to be the sole source of the nutrients you need. Evaluate your diet first, then decide if taking a supplement would be beneficial to your health and/or performance.



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## Coaches Corner: Athlete Injuries

Abby Richey, RD

Coaches and supportive staff do you have an injured athlete restricted to partial or no exercise? Do you want this athlete to stay in competitive shape while recuperating from surgery or an injury?

While activity may be out of the question, a good diet can help make for a smooth progression

back to activity.

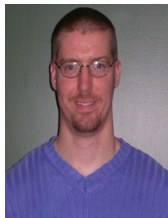
Often I will see an athlete weeks after the injury occurrence. By then, their body has already weakened and become out of shape. These athletes did not adjust their diet intake appropriately.

Muscle loss is inevitable with an injury but unwanted weight loss or gain does not have to be a

factor during recovery. Making the appropriate diet adjustments can help athletes maintain an appropriate weight for a smooth return to training and competition.

Before your athlete has digressed from an injury, have them make an appointment with me to help keep their body ready for intense training and competition.

## Strength & Conditioning: Making a Dream Come True



By: Eric Overland  
(ND Strength Intern)

I have two goals in life: the first is that I want to do whatever I can to help my wife and daughter achieve their goals and along the way if I can help someone else achieve their goals, I want to do that too; the second is that I want to reach my highest potential in whatever I do; unless in conflicts with my first goal.

A few months ago I had an opportunity to help a friend out. My friend James' goal is to play QB in the NFL; and to be honest with you, he's definitely got a shot. While in college he set many school, divisional (DII) and national records, including one game in which he had 309 yards passing, 215 yards rushing and 6 TD's en-route to a conference victory. It's was those types of performances that caught the attention of pro scouts. However, come draft day all 7 rounds went by without his name being called.

After the draft he played a few games with an indoor football team and has had a few tryouts with other teams since then. Here's James in a nutshell: he's got a strong arm, he's fast, agile, makes smart decisions and has strong character. What's the problem? He doesn't weigh enough. That's where I come in.

James called me and asked me to help him put some weight on. To get started, we got him on an eating program designed with the help of a nutritionist. The plan had him eating 7 times a day (3 meals, a pre and post workout meal and 2 snacks). This was absolutely insane to James! He hated

eating; he said that there were times he only ate two meals a day... sometimes only one! So we started him out slowly and worked him up to 7 meals; eventually getting him to the point where he would also consume a carbohydrate and protein shake after each of his first 4 meals to increase his caloric intake. But he hated it! He absolutely HATED eating so much! All of his meals were prepared for him; all he had to do was go up the stairs to get them; but he would constantly procrastinate to the point where he would even miss a meal.

About a week or two into all of this, I was reminded of something a mentor of mine taught me. He would sometimes ask me what goals I was trying to achieve. Then he would ask me to make a list of the things that I was going to have to do to achieve this goal. Finally, he would have me evaluate myself and see how I was doing in each of those areas. So I went to James and asked him what his goal was. He said, "To play in the NFL." I asked, "What is it going to take for you to get there?" He responded, "lift, run, watch film, throw, put on weight..." I stopped him there and asked, "How do you put on weight?" "By eating more," he said. I responded by saying, "Exactly. Don't think 'awe man, I have to eat again!'; instead say, 'I'm going to eat because I want to improve my chances of making it in the NFL.'" So he stopped complaining and ended up putting on 14 lbs, all the while increasing his speed and strength.

One of my favorite quotes is from King Solomon; he says, "Diligent hands will rule, but laziness ends in slave labor." Basically, if you work hard at something, you will have a chance to rule; if you are lazy, then you will become a slave to your own decision(s). Unfortunately we cannot

go back in time to change those decisions; so instead, it's important that we look at our goals and determine if we are being diligent or lazy.

Let's say that a National Championship is your goal. What is it going to take to get there? You need to train hard, watch film, spend extra time on your position/sport skills, put on (or lose) weight, ask the coach more questions, seek extra help in your weak areas (make your weaknesses your strengths), think less of yourself and more of your team, \_\_\_\_\_ (you fill in the blank).

It's 2017 you're looking back ten years...are you going to be proud of the effort your giving right now or are you going to be saying, "Man! I should've \_\_\_\_\_!" "If only I'd \_\_\_\_\_!" "If I could do it all over again, I'd \_\_\_\_\_!?"

The truth is, there is nothing that you can do about the past, but you can do something about the present and the future. Take a look at your life/goals; what do you need to do to make sure you don't have any regrets?



### Eric Overland, CSCS

Eric interned at Notre Dame for 4 weeks. Currently he is working toward his master's in Sports Management at Winona State University where he is also serving as a GA for the strength department.

His primary area of interest is working with *motivated* athletes.

He currently resides in Rochester, MN with his wife, Marcia and daughter, Abby.

# Spicy Tilapia Burritos

## Ingredients:

4 tilapia fillets (about 4-6 oz each)  
 1 tbsp olive oil  
 1 packet of Taco Seasoning  
 1 ripe Avocado  
 1/4 cup Sour Cream  
 3/4 tsp Salt, divided  
 3 plum tomatoes  
 1/4 cup Cilantro  
 1 Jalapeno Pepper, seeded  
 2 tbsp Lime Juice  
 1 Garlic Clove, pressed  
 3 cups Cabbage slaw mix  
 4 Flour Tortillas

## Directions:

1. Season tilapia with oil and taco seasoning. Grill or sauté fillets 7-8 minutes or until fish flakes easily with fork, turning once. Remove from

grill or stove top.

- Mash avocado in medium bowl. Stir in sour cream and 1/4 tsp salt; cover and set aside. Dice tomatoes; set aside. Snip Cilantro and finely chop pepper. Combine cilantro, jalapeno pepper, lime juice, remaining 1/2 tsp salt and garlic in large bowl; mix well. Add slaw mix and tomatoes; mix well.
- Spread tortillas with avocado mixture. Place 1 cup slaw down center of each tortilla and top with tilapia. Fold in ends of tortilla and roll up tightly.

**Nutrition Facts: 1 Burrito**  
 440 Calories, 13 gm Fat, 40 gm Carbohydrate, 30 gm Protein.

## KRE-ALKALYN: PH CORRECT CREATINE

### CLAIM:

Resists breakdown to creatinine (waste product)

Reaches muscles at full strength

Decrease in water retention

Prolong fatigue



**What the experts say:** Another supplement with big claims and little scientific backing. It's a tall claim for adding an undisclosed buffering agent. **Bottom line**—the body can only store so much creatine. A 154 lb male can store ~120 gm of creatine in his muscles. After it reaches its peak, the rest will be turned into waste and excreted—buffering agent or not. [More research needed to recommend beyond basic creatine.](#)

**PURE IRISH**

## STRENGTH ATHLETE OF THE MONTH

### JEREMY BARNES

**SPORT:** BASEBALL-  
**POSITION:** INF/1ST  
 BASE

**Nominated by:** Abby  
 Richey, RD



**Achievement:** : Revamped diet and intense training over Christmas break led to a 13 lbs weight loss, change in body composition and feeling great during his conditioning test.

Before Christmas break, the baseball team completed their 2nd round of body composition testing after a semester full of tough training with Mike. Unfortunately, Jeremy was not pleased with his results.

We decided diet was a contributing factor and needed some change. He left for break with instructions of what and how much to eat. He was also to check in with me via e-mail through the break giving me a weekly weight update. The first Friday came and his weight was already down a few pounds. The next Friday was the same and by the last Friday of break he had dropped more. His 13# loss in ~ 4 weeks was very impressive!

What did he do to achieve these results?

**Breakfast:** 3 eggs w/ ham, 1 mini whole wheat bagel, 1 low-fat yogurt, glass of skim milk

**10:00 am:** Speed training 90-120 minutes

**Lunch:** Ham & cheese sandwich, handful

of carrot sticks, handful of grapes and water

**2:00-5:00 pm:** Workout/Practice

**Dinner:** 6-7 oz Meat/protein source, pasta or other grain, a vegetable and water to drink

**Snacks throughout the day:** Celery with peanut butter, fruit, light popcorn

Jeremy followed this routine for the majority of break. That takes a good amount of discipline to do through the holidays. It's hard enough for athletes to do this on campus. While most of us were relaxing and enjoying the break, he continued to work everyday. His work ethic continues this semester and deserves the recognition.

Congrats, Jeremy, on your hard work!



**STRENGTH AND CONDITIONING**



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

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