WELCOME BACK!

The SJSU Athletic Performance staff would like to welcome back all the coaches and athletes for the start of another school year! As a refresher, here is a list of the weight room policies and procedures we wish for all to abide by:

1. SJSU team issued apparel must be worn during your team training session.
2. Shirts & shoes must remain on at all times while in Koret.
3. Open toe shoes are not permissible.
4. All personal possessions must be stored in the cubbies, not on the floor.
5. No cell phone use is permitted at any time inside Koret.
6. Headphones are only permissible while using cardio equipment.
7. No food, cups or glass items are permitted on the floor or turf area at any time. Plastic water bottles with a cap or lid are permissible.
8. You are responsible for returning all equipment that you have used back to its proper place, as well as wiping down any cardio equipment that you have utilized.
9. All equipment will remain inside Koret unless AP Staff authorizes.
10. Scheduled teams have priority during their team training sessions.
11. AP staff will govern the music and volume played in Koret at all times.
12. AP Staff offices are for professional operation only. Do not ask to use the phone, computer or printer whatsoever. This is an NCAA violation.
13. All Student-Athletes must maintain eligibility in order to utilize Koret.
14. Failure to act in accordance with these policies will result in immediate disciplinary action.

Please remember that these rules are for the safety of all who utilize Koret, as well as its maintenance. If you have any questions or concerns regarding these rules, please reach out to one of the AP Staff members.

WES SCHWEITZER SJSU NFL PRO DAY PREP

By MICHAEL NICOLINI

REWIND: AUGUST 28TH, 2011: Wes Schweitzer weighs in at 250lbs, lacks sufficient upper and lower body strength, and has a stature that is long and thin without the bulk seen in most offensive lineman. He used a redshirt year to grow and develop his body towards a more suitable size and strength to fulfill the demands of Division I football at his position. Wes viciously attacked every single redshirt training session. His attack did not only consist of relentless physical effort, but a mental approach with unmatched attention to detail. This way of training never changed for the rest of Wes’ career at San Jose State.

ADVERSITY: SEPT 28TH, 2015 to NOV 20th 2015: The NFL consists of 32 teams. Each team has an array of scouts that explore the hundreds of prospec-
tive football players for the upcoming NFL Draft, in attempt to base all probable draft picks on the information collected. This information consists of the athletes' performance throughout that season and/or their NCAA career, as well as the athlete's performance at the NFL Combine and Pro Day. The scouts always stop by the weight room and meet with the Athletic Performance coaches to investigate the prospective athletes' work ethic, attitude towards weight training, character, body weight and composition, and upper body and lower body strength measurements.

Throughout the years at SJSU, Wes has taken full advantage of the weight room to drastically change his body. In his 5th year, he was able to maintain a body weight of 308 lbs during the season and is stronger than an ox, and only getting stronger. All of Wes' size and strength deficiencies have been conquered. Yet, the powerful & explosive nature of football movements at all positions is the most difficult training component to improve on. It was apparent that Wes was not the most explosive athlete on the team, or even on the offensive/defensive line. Various scouts from nearly every NFL team mentioned Wes lacked fast twitch muscle fibers. "Heavy feet" seemed to be the theme when discussing Wes' weaknesses. This presented Wes with a challenge that could be conquered by his performance on March 16th, 2016; the date set for San Jose State's NFL Pro Day.

FOREWORD: DECEMBER 15TH, 2015: Pro Day Preparation 2016 was the most challenging and demanding training program that has been implemented over the last three years under Coach Uribe's supervision of the Athletic Performance Department. Therefore, a formal meeting was held to introduce the training program structure and schedule, as well as the expectations from coach to athlete and athlete to coach. The athletes were informed that the 10 week training program was going to be physically overwhelming, as their bodies will be strategically & safely exhausted to the depths of a breaking point and, in turn, built back up to benchmarks of strength, power, and speed that have never been experienced before. The goal was to maximize each individual's athletic potential. The meeting concluded with specific examples of successes and failures from former athletes participating in Pro Day Preparation at SJSU. For example, the previous year Forrest Hightower committed fully to his Pro Day preparation with the Athletic Performance coaches, putting him in a position to sign a multi-year contract with the Ottawa Red Blacks in the Canadian Football League. Forrest's work ethic and dedication created the path to success for other Spartans.

THE BEGINNING: JANUARY 4TH, 2016: It is the first day of Pro Day Preparation 2016 training. The official start time of training sessions was set at 12 pm. The athletes were informed to show up early and adhere to any muscle soreness or pain through various self-massage and joint mobility protocols. Wes arrives at the facility at 11 am; he performed 30 minutes of treatment with the Sports Medicine staff on a lingering ankle sprain from late in the season. Following treatment, he would transition to the weight room where he would perform 30 minutes of an extensive, personalized routine consisting of prehabilitation exercises, corrective exercises, joint mobilizations, and speed preparation.

The training session concludes at 2:15 pm, yet Wes is still not satisfied. After training, he completed a 45 minute regeneration session involving various recovery protocols prescribed by the Athletic Performance Coaches. This was Wes' set schedule for all 52 training sessions leading up to Pro Day.

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<table>
<thead>
<tr>
<th>WES SCHWEITZER</th>
<th>BASELINE TEST</th>
<th>PRO DAY - 3/16/16</th>
</tr>
</thead>
<tbody>
<tr>
<td>VERTICAL JUMP</td>
<td>25&quot;</td>
<td>TIEO</td>
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<tr>
<td>BROAD JUMP</td>
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<td>20 REPS</td>
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<td>40y DASH</td>
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<tr>
<td>PRO SHUTTLE</td>
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<td>TIEO</td>
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<tr>
<td>L-DRILL</td>
<td>7.90 sec</td>
<td>TIEO</td>
</tr>
<tr>
<td>BODY WEIGHT</td>
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<td>TIEO</td>
</tr>
<tr>
<td>BODY FAT %</td>
<td>21.2 %</td>
<td>TIEO</td>
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</table>

* Wes’ baseline testing results for the Pro Day measurables completed early on in the training program

The training session concludes at 2:15 pm, yet Wes is still not satisfied. After training, he completed a 45 minute regeneration session involving various recovery protocols prescribed by the Athletic Performance Coaches. This was Wes’ set schedule for all 52 training sessions leading up to Pro Day.
HALFTIME: FEBRUARY 12TH, 2016: It was a Friday. The 6th week of Pro Day Preparation 2016 had concluded that afternoon. Later that night, all the athletes training at SJSU for Pro Day were encouraged to refocus their efforts and energy in attempt to maximize their training and recovery. Specifically, the athletes were told to 1) elevate their commitment to precise nutrition, 2) prioritize sleep quality and duration, 3) minimize social life and external stressors, and 4) invest more time into their preparation for training & recovery after workouts. All this information was communicated to the athletes through a group text message. Wes responded in an individual text message to the Athletic Performance coach inquiring about sports & restorative massage, and if there was any therapist in San Jose with credibility. After some collaboration with the Athletic Performance staff, Wes hired a sports massage specialist that works with various professional athletes in the Bay Area for the last four weeks of training leading up to Pro Day.

THE OUTCOME: MARCH 16TH, 2016: The results from San Jose State's NFL Pro Day are as follows:

<table>
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<th></th>
<th>BASELINE TEST</th>
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<td>27.5&quot;</td>
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<td>BODY WEIGHT</td>
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<tr>
<td>BODY FAT %</td>
<td>21.2 %</td>
<td>17.7 %</td>
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</table>

WES SCHWEITZER

* It is important to note that all of these testing results fall within the Top 10, if not the Top 5, of all the prospective offensive lineman that entered

THE CONCLUSION: APRIL 30TH, 2016:

“With the 195th pick in the 2016 NFL Draft, the Atlanta Falcons select Wes Schweitzer, Guard, San Jose State.”

SLEEP AS A FORM OF RECOVERY, & HOW TO GET MORE OUT OF IT

By EVERETT GOLDBERG

Numerous studies from across the world have shown that sleep directly influences how well and quickly the human body can recover from an athletic event. Studies have shown that athletes who sleep on average less than 8 hours per night have 1.7 times risk of being injured than those who sleep 8 hours or more per night (Milewski, 2014). Those who sleep less than 5 hours per night are 4.5 times more likely to get an infection (cold/flu) than those who sleep 7 hours or more (Praether, 2015).

As a student-athlete, there are few hours of the day where you’re not involved with school or your sport. During these hours, athletes will find themselves either out with friends or in front of some type of self-illuminating screen; playing video games, watching TV, texting, or on social media. The problem with this habit is that the light from our electric displays (blue light) can suppress melatonin by about 22%. Melatonin is the hormone that anticipates darkness and begins the natural circadian rhythm or sleep-wake cycle that naturally occurs as the sun rises and sets. With this suppression of melatonin the mind does not realize it should be getting tired which delays the time when the individual will fall asleep.

Luckily, there is a way to cheat the system. Research has shown that certain tints of sun or safety glasses can block the blue light that comes from self-illuminating screens allowing Melatonin to have its natural effect. It is suggested that the glasses are worn 1-3 hours prior to the time you want to fall asleep and to wear them through the night if possible. Most of the glasses suggested are either orange or yellow and cost under $10.

Here is a link to the glasses that we have tested out and have had success with.

Website: http://www.discountsafetygear.com/uvex- genesis-amber.html

*UVEX AMBER GLASES
SHANE SMITH, FOOTBALL
Shane Smith excelled during this summer’s training period. This resulted in the highest vertical jump on the team at 37.5”, while weighing 245lb. This is a drastic improvement from Shane’s previous measurement of 34” at only 230lb.

DEZZ RAMOS, WOMEN’S BASKETBALL
Dezz Ramos approached each summer workout with tenacity and consistency. She elevated the weight room environment with encouraging words, motivating her teammates to do their best. Dezz was never satisfied with performing under her potential, and continually pushed herself day in and day out.

NUTRITION TIP: TIME UP YOUR CARBS!
By GREGORY SEGROVE

All these popular diets that restrict carbohydrate (carbs) intake may have you thinking that carbs are the enemy. Diets such as the Atkins diet may give you results quick, but will often leave you lethargic, leading to one breaking their diet and returning to old habits. It is true that excess carb consumption can lead to an increase in body fat percentage, but do we have to eliminate carbs all together, or just change up when we consume them?

Carbohydrates primary role is to supply the body with immediate energy. If the body has no need for immediate energy, then the body stores it as fat. This is where the problem arises with traditional dietary recommendations. It has been suggested that we consume most of our carbohydrate in the morning, and then tapering off as the day goes on. This is fine if you burn off all the calories throughout the day, or if you don’t have excess fat to lose. This is not the case for most people.

With today’s sedentary lifestyle, most people consume more calories than they expend, especially from carbohydrates. Over time this leads to excess fat. So what is the solution? Time to up your carbohydrates intake through Nutrient Timing.

Nutrient Timing is a sports nutrition concept that manipulates meal chronology to enhance recovery from training and body composition (Berardi, 2015). When it comes to carb consumption, this means that one eats their carbs after they train. When you consume carbs, it is converted to glucose (blood sugar) in the body. Glucose then searches for cells in the body that need energy. In order for this to happen, these cells need to bind with insulin. This is where the problem lies. Most people are in a state of insulin resistance: their cells don’t need energy so they don’t bind with insulin. The one cell that is always willing to accept more energy is fat cells. After we train, our bodies become insulin sensitive. The first thing that the body wants to do after training is replenish the energy it just lost. So when we consume carbs post-training, the body will immediately use that energy to replenish cells in the body rather than storing it as fat.

Nutrient Timing your carbohydrate consumption will help one not only achieve their goal body weight, but maintain it as well. Since it is a diet plan that does not restrict a macronutrient, it leads to a higher success rate and longer retention of diet plan. In its simplest form, Nutrient Timing requires one to earn their carbs. If you trained you can eat your carbs. If you don’t train, no carbs for you.