and grown. This vital repair process mainly occurs when we’re resting especially at night while sleeping. Gender and age also affect this repair mechanism. Young people with more testosterone have a leg up in the muscle building game.

Genetic factors also play a role in one’s ability to grow muscle. Some people have more robust immune reactions to muscle damage and are better able to repair and replace damaged muscle fibers increasing their muscle building potential.

The body responds to the demands you place on it. If you tear your muscle up, eat right, rest and repeat you’ll create the conditions to make your muscles as big and strong as possible.

Since our bodies have already adapted to everyday activities, those generally don’t produce enough stress to stimulate new muscle growth. To build new muscle, cells need to be exposed to higher workloads than they are used to. This process is called Hypertrophy. In fact, if you don’t continually expose your muscles to some resistance they will shrink. This process is known as Muscular Atrophy. In contrast, exposing the muscle to a high degree of tension especially while the muscle is lengthening (also called an Eccentric Contraction) generates effective conditions for new growth.

Muscles rely on more than just activity to grow. Without proper nutrition, hormones and rest, your body would never be able to repair damaged muscle fibers.

Protein, in our diet, preserves muscle mass. It does so by providing the building blocks for new tissue in the form of amino acids. Adequate protein intake, along with natural reoccurring hormones such as Insulin-like Growth Factor, and Testosterone help shift the body into a state where tissue is repaired and grown.

KORET FACE LIFT

Koret Training Center is the exclusive performance training facility for SJSU Spartan Athletics housing all NCAA sponsored teams and the Spartan Cheer Squad. The 15,000 square foot facility opened its doors in 2001, stationed at south campus directly next to the Spartan Soccer Field. The 15,000 square foot facility served the football team up until 2014 when the new facility opened up. The new facility cost 15 million dollars and is located at the south campus. The end result is a high performance center that is equipped with the latest technology and equipment as well as a state of the art training space for the student athletes.
Koret has been under constant transformation since the arrival of the athletic performance staff in 2013; fronted by head coach Gary Uribe the facility has upgraded its visual appeal as well as its functionality. The recent changes have aided SJSU student athletes in optimizing their athletic output; Koret has evolved into one of the premier facilities on campus and among the multiple conferences SJSU sports teams compete in.

New equipment has been included in annual additions to Koret. Since 2013 equipment upgrades include the arrival of new powerlifting barbells, Olympic lifting barbells, customized Swiss and Trap barbells. The bars are accompanied by new 10lb, 25lb, and 45lb Olympic lifting plates at each of the sixteen lifting platforms. Outdated cable pulley machines were replaced by five new Legend Fitness high-low pulley machines equipped with multiple attachments. The Legend equipment’s platinum and Spartan blue colors set the stage for a streamlined appearance of the weight room. New glute-hamstring development machines and lighter more mobile weight lifting benches have been added in the platinum and blue color combo. The addition of the Legend dumbbell and kettlebell racks broadens the spacing in the weight room while donning the universal platinum and Spartan blue color tone. New push sleds, suspension trainers, plyometric boxes, and custom built Sorinex dip and stabilization attachments have been added to the arsenal of equipment available to Spartan student athletes.

Injured athletes and athletes recovering post-surgery now have the ability to train and reduce recovery times due in part to the addition of the Pit Shark, V-Squat, and Hammer iso-lateral high and low row machines. Recovery equipment including multiple Voodoo Floss bands, lacrosse balls, foam and PVC rollers, and an RPSports Recovery Pump compression machine assist healthy athletes to recover from training and help injured athletes return to competition at accelerated rates.

In addition to the numerous equipment upgrades, Koret has received multiple cosmetic enhancements. Outside, the previously plain field turf has been lined and outfitted with speed ladders and agility dots. Step inside the facility to see offices, hallways, and external rooms painted Spartan blue and new flooring replacing old concrete and carpet. The main hallway added wall files to organize training programs of all Spartan teams, each with its own storage area. The facility has been dressed with Spartan logos, cultural quotes and signs expressing a boastful Spartan Pride.

The most impactful update is the addition of the Nutrition and Recovery Center. Previously a storage room located in the rear of Koret, the Nutrition and Recovery Center made its debut in 2014. The room houses nutritional supplements available to all athletes including products from Muscle Milk, Gatorade recovery shakes, and Berkeley Farms milk products. Protein bars, energy bars, and shakes are made available to athletes after team training sessions. Athletes are aided in their attempt to reach specific physical goals with the option of customized shakes to cater to his or her needs. The room is accompanied by a nutrition and recovery board located in the center of the weight room which displays frequently updated information on all things athletic performance related.

The transformation of the Koret Athletic Performance Center has been a major step forward in providing the best possible training environment for SJSU student athletes.
Training Facility enables SJSU student athletes to train in a top tier environment. New equipment, improved organization, and the addition of the Nutrition and Recovery Center give athletes a universal location to train, recover, and rehabilitate on a daily basis. The functional additions and cosmetic enhancements give SJSU student athletes an edge against the competition. While the building remains the same in structure, even the most recent of SJSU graduates have a hard time seeing resemblance to the facility of old.

* New Swiss Bars allow for safer shoulder position for our throwing athletes

* Panorama view of Koret, currently

HONE IN FOR THE HOLIDAYS

By CAITLIN CIARDELLA

As Winter Break approaches, it is vital for athletes to realize the importance of this month of freedom. With the end of finals and the excitement of no classes, athletes cannot lose sight of their personal duties to maintain the skills learned and strength gains made during the semester. Winter Break is an ample amount of time to regress or progress as an individual athlete, so the time must be used wisely. It’s an athlete’s own personal responsibility to properly prepare themselves for the upcoming Spring Semester.

For athletes, the break should be viewed as a time off from classes, not a hiatus from training or practicing their sport. A training and recovery regiment should be established at the beginning of break to help the athlete stick to an organized routine. By setting a daily training time, an athlete will be more likely to get training in rather than making it a secondary priority. There should be no excuse not to get training in. Plan ahead and contact local YMCAs or gyms to see their membership plans for just a month. Even if there are limitations with exercise equipment, training should be done with complete focus and effort each time. Along with establishing a daily training schedule, time should be set aside to focus on recovery. Whether it’s after a training session or a separate session, set aside time to stretch, roll out,
breathe, etc. One of the most important aspects of recovery that can be optimized exceptionally well during winter break is sleep. Athletes should try to get eight plus hours a night while maintaining good sleep habits. These habits include sleeping in a dark, cold room, powering down all electronics well before going to bed, and establishing a nighttime routine. Establishing a nighttime routine will let the body know that it is time for sleep. Having an organized training regimen for the break displays an athletes’ dedication to their sport and team.

It is important to remember that every action made by athletes during break will either have a positive or negative result on a team’s progress for the future. Enjoy the time off with family and friends for the holidays, but remember, athletes owe it to themselves and the team to maintain optimum strength and health during this time.

**SUPPLEMENT RECOMMENDATION:**

**ZMA**

ZMAs are a combination of Zinc, Magnesium, and Vitamin B6. Studies have shown that, when taken an hour before sleep, subjects reported higher levels of testosterone and insulin-like growth factor 1 (IGF-1), while also reporting better sleep quality. ZMAs are a safe and natural way to optimize your recovery, while enhancing your training results.

*DISCLAIMER: Always contact Athletic Performance staff, or Athletic Training staff, before trying any supplement

Take 2-3 capsules 30-60 min before your sleep

Best price online: $11.78 for 90 capsules

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**ATHLETE OF THE FALL**

**MATT BROWN, BASEBALL**

Pitcher, Matt Brown, has demonstrated true desire to improve athletically in and out of the Weightroom and grows as a leader everyday. Fall numbers include +20lb on bench, +40lbs on squat, and +13lb to his body weight while increasing his vertical jump 1.5in.

**CAITLIN WILSON, WOMEN’S TRACK AND FIELD**

Caitlin has demonstrated her commitment to developing herself as a sprinter in the weight room via relentless effort and an unbreakable attitude. She recorded a personal best 165lb Power Clean.