



# *Strength & Conditioning*

*University of Notre Dame Olympic Sports*

*Spring 2014*

## **Featured Lift: Band Overhead Squat**

### **Benefits:**

- Promotes proper posture & improves range of motion during squatting
- Addresses mobility deficiencies in Ankles, Hips, Back and Shoulders
- Band Tension contracts the piriformis muscle which improves lower body stability
- Band Tension reduces valgus motor pattern which is correlated to ACL injuries

### **How to Perform a Band Overhead Squat:**

- Place a resistance band around legs, just below the knee
- Hold a dowel directly overhead with elbows locked out
  - Hands can start wide and move inward as mobility improves
- Place feet shoulder width apart or slightly wider, toes pointed slightly out
- Squat down keeping your chest up and back flat
- Stand back up, keeping proper posture, to the starting position

### **Key Points:**

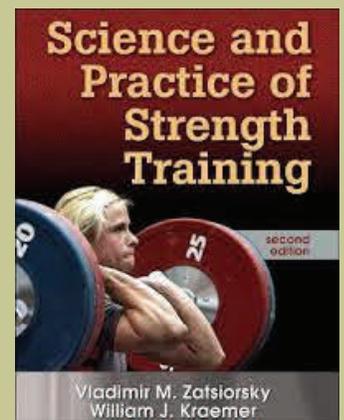
- Keep a flat back and maintain back angle through the range of motion
- Keep your arms locked and the dowel over your shoulders
- Resist the band tension by pushing your knees out



### **Suggested Reading: Science and Practice of Strength Training**

**Zatsiorski and Kraemer**

- Covers basic topics pertinent to strength and conditioning
- Offers advanced principles to improve programming and results
- A “must have” in any strength coaches library



### **Links:**

**FACEBOOK:** [HTTP://WWW.FACEBOOK.COM/NDPERFORMANCE](http://www.facebook.com/NDPerformance)

**YOUTUBE:** [HTTP://WWW.YOUTUBE.COM/USER/NOTREDAMESTRENGTH](http://www.youtube.com/user/NotredameStrength)

*“Don’t measure yourself by what you have accomplished, but by what you should have accomplished with your ability.”*

*~ John Wooden*

## **What’s New In Strength & Conditioning: Tendo Unit Training**

- This technology allows the strength coach to monitor and record the bar velocity during certain lifts.
- Allows coach and athlete to track progression
- Can be used for various applications such as:
  - Speed / velocity at a given resistance
  - Fatigue monitoring
  - Power output at given resistance
- Applicable to different lifts such as:
  - Olympic variants (Snatch, Clean, Jerk)
  - Basic compound movements (Squat, Bench)
  - Vertical Jumps



### **Meet our staff:**

## **Glenn Clark**

### **Assistant Strength and Conditioning Coach**

D. Glenn Clarke is his second year at the University of Notre Dame as an assistant coach in the strength and conditioning department.

Clarke graduated in 2008 from Hope College with a Bachelor's Degree in Physical Education. He also earned his Master's Degree in School Leadership from Concordia University in 2012.

Prior to coming to Notre Dame, Clarke worked as a physical education teacher in the Chicago Public School district, as well as a strength coach at a private facility in Chicago, Ill.

In his free time, Clarke enjoys competing in strongman and powerlifting competitions, participating in outdoor activities like hiking, and working on his graduate studies.

Clarke is from Rochester Hills, Mich., and currently resides in South Bend, Ind.

