

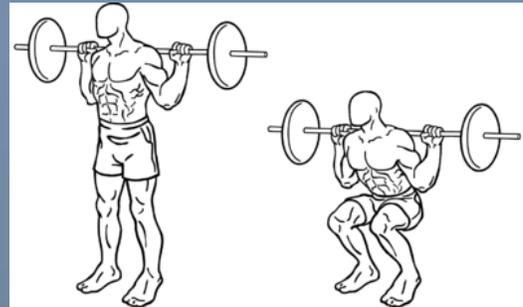


ISSUE: 1

FEATURED LIFT— BACK SQUAT

BENEFITS

- * TOTAL BODY EXERCISE
- * GROUND BASED
- * GREAT FOR DEVELOPING OVERALL BODY BALANCE & STRENGTH
- * GREAT FOR DEVELOPING MUSCULAR STRENGTH & SIZE
- * GREAT FOR DEVELOPING RANGE OF MOTION IN THE HIPS AND HAMSTRINGS



HOW TO PROPERLY PERFORM A BACK SQUAT

- * POSITION THE BAR IN A HIGH POSITION AT THE BASE OF THE NECK OR SLIGHTLY LOWER.
- * HAND GRIP IS SLIGHTLY WIDER THAN SHOULDER WIDTH; LIFT THE ELBOWS UP TO CREATE A SHELF FOR THE BAR.
- * STAND WITH FEET SHOULDER WIDTH APART, EVEN AND POINTING FORWARD OR TURNED OUT SLIGHTLY.
- * BEGIN BY PUSHING HIPS BACK AND DESCEND UNTIL THE TOP OF YOUR THIGHS ARE **BELOW** PARALLEL TO THE GROUND.
- * DRIVE OUT OF THE BOTTOM EXPLOSIVELY BY EXTENDING YOUR KNEE AND HIP JOINTS, DRIVE THROUGH YOUR HEELS BACK TO STANDING POSITION.

KEY POINTS

- * MAINTAIN A POSITION WITH THE BACK FLAT AND SLIGHTLY ARCHED, CHEST PUSHED FORWARD AND BUTT PUSHED BACK (SET THE BACK) .
- * BAR SHOULD BE LOWERED UNDER CONTROL AND THEN EXPLODE UP.
- * CONTRACT ABS TIGHTLY.

ARTICLE OF INTEREST:

ON THE USE OF WEIGHT BELTS

STUART M. MCGILL

PROFESSOR OF SPINE BIOMECHANICS, UNIVERSITY OF WATERLOO, CANADA

SUMMARY: THE PURPOSE OF THE ARTICLE WAS TO SHOW THAT WHILE WEARING A LIFTING BELT MAY HELP YOU GET A HIGHER WEIGHT LIFTING TOTAL TO OBTAIN THE MAXIMAL EFFECT FROM A BELT, THE ATHLETE MUST LIFT IMPROPERLY WHICH EXPOSES THE BACK TO A MUCH HIGHER RISK OF INJURY!

[HTTP://WWW.BACKFITPRO.COM/PDF/WEIGHT_BELTS.PDF](http://www.backfitpro.com/pdf/weight_belts.pdf)



STRENGTH AND CONDITIONING



QUOTE OF THE MONTH "NOTHING CAN STOP THE MAN WITH THE RIGHT MENTAL ATTITUDE FROM ACHIEVING HIS GOAL; NOTHING ON EARTH CAN HELP THE MAN WITH THE WRONG MENTAL ATTITUDE." - THOMAS JEFFERSON

STAFF PROFILE

MEET OUR STRENGTH STAFF

COACH CRAIG CHEEK, ASSISTANT DIRECTOR OF STRENGTH AND CONDITIONING

EDUCATION: B.A. BLUFFTON UNIVERSITY 1997, M.ED. BOWLING GREEN STATE UNIVERSITY 2004

ARRIVAL AT ND: OCTOBER 2007

SPORTS: WOMEN'S BASKETBALL, BASEBALL

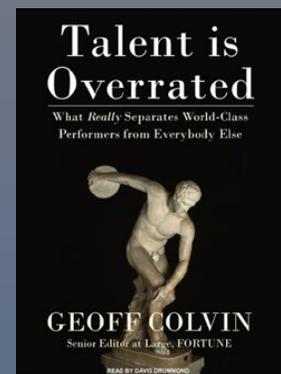


TRAINING PHILOSOPHY: UTILIZE STRENGTH AND CONDITIONING AS A MEANS OF SELF DISCIPLINE AND MOTIVATION. LEAD EACH ATHLETE TO HELP REACH THEIR GENETIC POTENTIAL THROUGH A SYSTEMATICALLY DESIGNED TRAINING PROGRAM THAT OUTLINES CLEAR, CONCISE EXPECTATIONS AND AN ACCOUNTABILITY TO THOSE EXPECTATIONS.

SUGGESTED READING:

TALENT IS OVERRATED: WHAT REALLY SEPARATES WORLD-CLASS PERFORMERS FROM EVERYBODY ELSE.

AUTHOR: GEOFF COLVIN



WHAT'S NEW IN STRENGTH AND CONDITIONING: CATAPULT SPORTS – GPS TECHNOLOGY

CATAPULT IS A TECHNOLOGY FIRST COMPANY THAT DESIGNS AND MANUFACTURES EQUIPMENT FOR THE TRAINING AND MONITORING OF ELITE ATHLETES. THE STRENGTH AND CONDITIONING DEPARTMENT AND WOMEN'S SOCCER TEAM HAVE BEEN FORTUNATE TO HAVE ACCESS TO THIS TECHNOLOGY SINCE AUGUST WHERE WE ARE ANALYZING TRAINING AND GAME DATA TO BETTER UNDERSTAND WHAT THE ATHLETE IS BEING SUBJECTED TO DURING DIFFERENT ASPECTS OF SOCCER. THE DATA PROVIDED BY THE SYSTEM IS VERY COMPREHENSIVE AND CAN BE USED AND INTERPRETED TO ANY LEVEL OF DETAIL THAT YOU WISH. THOUGH ONLY BEING IN THE EARLY STAGES OF IMPLEMENTATION WE ARE LEARNING A LOT ABOUT THE GAME AND OUR STUDENT ATHLETES AND HOW WE CAN BETTER SERVICE THEIR NEEDS AND THEREFORE ASSISTING THEIR DEVELOPMENT.

TO EARN MORE ABOUT CATAPULT SPORTS VISIT - [HTTP://WWW.CATAPULTSPORTS.COM](http://www.catapultsports.com)

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