



December 2004  
Volume 1, Issue 2

## Inside this Issue

- 1 News
- 1 Athlete Profile – Alden Morgan
- 2 Exercise of the Month – Drop Clean
- 2 Nutrition - Protein
- 2 Coaches Corner – J.R. Leger

### Quote of the Month

"If you don't invest much, then defeat doesn't hurt very much and winning isn't very exciting."  
- Dick Vermeil  
Kansas City Chiefs Coach

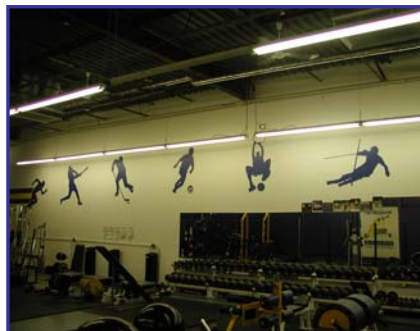
The Athletic Conditioning Center  
1050 Baxter Rd. Unit 1  
Ottawa, Ontario, K2C 3P1  
613.225.2806

# ACC NEWS

## News

### December Update

Seasons greetings from the ACC! Well the holiday season is upon us and a lot of us are nearing the halfway mark of our competitive seasons. We trust all of your hard work in the summer has paid off and that you are doing well as teams and individuals. May all of our ACC athletes and their families have a safe and happy holiday. The ACC would also like to wish good luck to all of our NCO, Ontario, and National team ski members who have departed for the beginning of their seasons. A special send off to National Aerial Ski Team member Jeff Bean, who spent September through November preparing for another campaign. **Hockey News...**Two of our summer hockey players have been highly ranked for the upcoming 2005 NHL Entry Draft. The NHL Central Scouting Bureau has Mike Blunden of the Erie Otters ranked 12<sup>th</sup> for OHL skaters, and Erick Tremblay of the Rimouski Oceanic is currently ranked 25<sup>th</sup> for the QMJHL skaters.



Best of luck to both players. **Extreme Makeover ACC Edition...** The ACC continues to look more and more different each week. Painting has been taking place throughout November and

is finally completed. The new look has given the ACC a cozier more complete feel. The brick wall beside the turf is now a dark blue. As well, a blue and yellow band and blue athlete silhouettes now circle the other half of the facility. **Holiday Hours...**Please note that the ACC will not be open on the following days; December 24-27, and December 31 – January 2, 2005. The ACC will resume regular operation on Monday January 3<sup>rd</sup>. If you have a success story about a team or athlete that the ACC has helped in some way please let us know. We would love to share your story in an upcoming issue of the ACC NEWS. Reach us at [info@accottawa.com](mailto:info@accottawa.com).

## Athlete Profile

### Alden Morgan – Ontario U17 Rugby

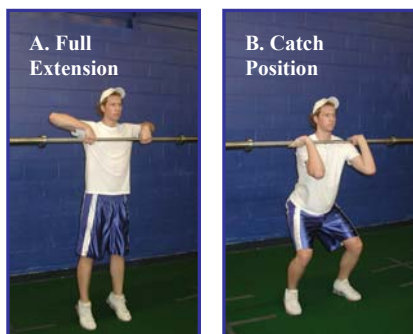
Sixteen year old rugby player, Alden Morgan, currently in grade 11 at South Carleton High School, has been playing rugby for just two years and has been identified as having National team potential. The native of Kars plays hooker and flanker for his high school team, the Ottawa Scottish club team, and the Ontario U16 team. "Alden has a work ethic that is second to none. Any athlete with that type of commitment to improvement will do nothing but succeed", said strength coach Matt Price. Since joining the ACC, Alden has responded with very rapid gains in his size and strength. Attending the University of Victoria or the University of British Columbia, and playing for the National Men's Rugby team rank among Alden's top priorities in the next few years. Alden has an

interest in studying either Kinesiology or Criminology while attending university. Alden continues to train at the ACC this off-season as he prepares for the National U17 team evaluations in March. Good Luck to Alden and congratulations from the ACC. Alden receives an ACC hat for participating in our Athlete Profile.

## Exercise of the Month

### Drop Clean

The drop clean is a teaching exercise that the ACC coaches use to help develop the movement pattern foundation for the hang or power clean. Typically, when teaching the clean, athletes will learn the explosive pulling action with more ease than the arm rotation around the bar in the catch phase of the clean. If the catch is not executed properly in the clean, the athlete essentially ‘muscles’ or lifts the weight to the final position. This action will effectively slow the movement of the bar and thus reduce the power output during the movement. The drop clean begins by holding an unloaded bar approximately shoulder width or just slightly wider. The athlete then pulls



and holds the bar to the level of the upper chest, keeping the elbows high. With the bar being held in position, the athlete then stands on their toes. In this position, the athlete should look as if they are in the full extension position of the pull phase of the clean (A). The

drop clean is executed by lifting the toes off of the ground, forcing the athlete to drop. While dropping, the athlete rotates the elbows around the bar and positions the body under the bar. The athlete catches the bar in a semi squat position (B). The coach can now make adjustments to the final catch position, either verbally or physically. This exercise is extremely effective and is a great way to safely teach the clean. In this unloaded exercise, the athlete is allowed to learn the movement without being concerned about weight. This exercise works great with a hang pull in a superset. When both components are mastered, the athlete is ready to progress to the full clean, either from the hang or floor position.

## Nutrition

### Protein

When an athlete begins a strength training program, the body is pushed beyond its capabilities and must adapt to handle the stress training has imposed on it. One of the ways the body adapts to strength training is by growing its muscles or hypertrophy. When micro damage is done to the muscle during exercise, it must be repaired and rebuilt. Amino acids, from the protein that we eat and digest, are used as the building blocks in forming bigger muscles. Bigger muscles typically mean stronger muscles, which can also mean more powerful muscles. Protein is readily available in the foods we eat; however, all too often we don't get enough. As athletes, it is recommended that you consume 1.8-2.0 grams of protein per kilogram of body weight. Protein provides the body with about 4 calories

per gram. Eggs, chicken, cottage cheese, tuna, skim milk, and salmon are all great sources of low fat protein. Whey protein powder supplements are also very popular. Protein powder supplements provide controlled amounts of nutrients, and are an excellent and convenient source of protein. Protein shakes are ideally taken post-workout to help support the protein synthesis (muscle building) process. But remember, you can eat and drink all the protein you want, but unless you train hard, not an ounce of new muscle will ever be built!

## Coaches Corner

*Jean Robert Leger*

**Name:** J.R., Jean Robert Leger

**Position:** Manager, Head Strength Coach

**Hometown:** Plantagenet, ON

**Education:** B. Human Kinetics, Certified Fitness Consultant

**Years at ACC:** 6 (since day 1)

**Favorite Exercise:** Squat

**Hobbies:** Golf, Hockey

**Career Highlight:** When one of his players made the NHL

**Family:** Wife Sophie, daughter Kamille, and son Antoine

**Athletic Conditioning Center**  
 1050 Baxter Rd. Unit 1  
 Ottawa, Ontario  
 K2C 3P1  
 Ph – 613.225.2896  
 Fax – 613.820.1970  
 email – [info@accottawa.com](mailto:info@accottawa.com)  
 web – [www.accottawa.com](http://www.accottawa.com)