

ACC NEWS

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Inside this Issue

1

News

1

Athlete Profile – Tom Riley

2

Exercise of the Month – Scorpion Glute Ham Raise

2

Nutrition - Carbohydrates

2

Coaches Corner – John Zahab

Quote of the Month

“The highest compliment someone can pay me is to say that I work hard every day, that I never dog it.”

- Wayne Gretzky

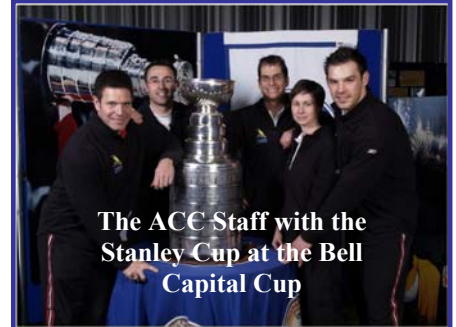
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News

January Update

Happy New Year from the staff at the ACC! We hope that the holidays were safe and enjoyable for all and we look forward to helping everyone with all of their athletic goals in 2005...ACC athletes had a successful month in December. Canadian National Ski team member Pat Biggs made headlines winning FIS races in Pampago, Italy, and Spindleruv Mlyn, Czech Republic, as well as picking up a bronze medal in Pampago and recently adding two gold's in the slalom and giant slalom at Sunday River, Maine on the NOR-AM circuit. Seventeen year old Alison Domenico, of the Ottawa Raiders NWHL hockey team, recently signed a letter of intent to attend St. Lawrence University in upstate New York, on a full athletic scholarship. The Brockville Braves Tom Riley has also signed a letter of intent for a full athletic scholarship to attend Ivy League Colgate University. The ACC staff congratulates Pat, Alison, and Tom and wish them the best of luck this season...The ACC had a big presence recently at the Bell Capital Cup Hockey Country Show. Our interactive booth was a hit with kids and adults as they tested a variety of performance related skills... The ACC would like to wish Erie Otters forward Mike Blunden good luck at the upcoming CHL Top Prospects Game, to be held January 19. The nationally televised game will showcase the Canadian Hockey Leagues 40 top prospects for the 2005 NHL entry draft...The ACC may be growing again. ACC Owner and

Director of Conditioning, Lorne Goldenberg, is considering expanding into the vacant unit beside the ACC. The proposed new space would house a large synthetic ice surface. The ice



The ACC Staff with the Stanley Cup at the Bell Capital Cup

surface will be used for off-season metabolic conditioning and S.A.Q. drills. The added space will ultimately benefit all of our ACC athletes. As we consider this expansion, we ask for any feedback you may have on this matter. As always, we can be reached at info@accottawa.com or at 613-225-2806.

Athlete Profile

Tom Riley – Brockville Braves

Jr. A hockey player Tom Riley, of the Brockville Braves, will be taking his game to the next level with the signing of a letter of intent to attend Colgate University. Future Ivy Leaguer and former Braves rookie of the year, Tom has been training at the ACC for the past three summers with strength coach Lori Bates. “The ACC coaches are proud of Tom’s achievements. We wish him all the best as he takes a step forward in his hockey career,” said Bates. Besides a long and successful hockey career, Tom one day aspires to be a school teacher. Tom attributes the ACC for helping him get bigger, faster,

and stronger, and lists the hang clean as his favorite exercise. Tom will receive an ACC hat for participating in the ACC Athlete Profile.

Exercise of the Month

Scorpion Glute Ham Raise

The scorpion glute/ham raise is an exercise used to develop strength in the gluteal and hamstring muscles. The gluteal muscle group performs a variety of functions, but the biggest muscle of the group, gluteus maximus, functions as a hip extensor. The hamstrings are a multi-joint muscle group that crosses both the hip and knee joints, and performs both hip extension and knee flexion (think of jumping). The scorpion is a unique tool that we use at the ACC. The glute/ham raise is comprised of two distinct phases. First the athlete positions their self with the heels secured behind the ankle pad but not touching the foot plate. The knees should be on the upper third of the ball and the trunk is held in an upright position. Beginners will start with the arms folded across the chest. From the



starting position, the athlete lowers the trunk by extending at the knee, until they reach the point where the hip must flex to move past the ball. This lowering action works the hamstrings in an eccentric or decelerating manner, an important facet in sports performance. Now in the bottom position, the athlete performs a back extension by contracting the glutes, hamstrings, and

lower back. This raises the trunk to a position which is now inline with the upper leg. As the athlete approaches this position, they drive the knees in to the ball, contracting the hamstrings in a concentric or accelerating manner. The athlete now raises the trunk to their initial upright position. Typically this exercise is used in the 6-12 rep range depending on what the strength is trying to achieve. The scorpion glute/ham raise is another example of a specialized exercise for specialized athletes...Only at the ACC!

Nutrition

Carbohydrate

If you listen to what you read or see on T.V. these days about carbohydrates, you can rest assured that your athletic performance will suffer immensely. While recent fad diets have vilified carbs, the media has been quick to jump into the low carb craze, further distorting societies views on good nutrition. As athletes, you need to know the truth about carbs. Generally speaking, there are two types of usable carbs that you will find in your typical diet. They are simple and complex carbs. Simple carbs, or refined sugars, are those found in soda, donuts, and white bread. These are the carbs that make us fat and are responsible for those “crashes” experienced after eating a chocolate bar. There isn’t enough space in this column to go into the physiology of how different carbs affect the body, but understand that in most cases you need to avoid simple sugars as much as possible. Complex carbs come from whole grain breads, brown rice, and oatmeal. Complex carbs are

digested at a much slower rate than simple carbs, which helps to stabilize blood sugar levels and avoid spikes in insulin. Carbs provide about 4 calories per gram, and provide the fuel for our working muscles and brain. When blood glucose or muscle glycogen becomes too low, performance is ultimately sacrificed. Depending on the athlete and in which phase of the training plan they are in, carbs should comprise 40-60% of the total caloric intake. If you consider yourself a serious athlete, don’t fall into the low carb trap. Eat good carbohydrates and ensure that you have enough fuel in the tank for your last rep or shift!

Coaches Corner

John Zahab

Position: Strength Coach

Hometown: Ottawa, ON

Certification: CSCS (NSCA), CFC (CSEP), CPT

Years at ACC: 1 (6 with Strength Tek Corporate Wellness)

Specialties: Endurance training

Hobbies: Triathlon (Ironman and half ironman), ice climbing, rock climbing, mountain biking

Family: Wife Sarah, and dog Brandy

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