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Quote of the Month

“IF YOU TRAIN HARD,
YOU’LL NOT ONLY BE HARD,
YOU WILL BE HARD TO
BEAT”

-- Herschel Walker Heisman
Winner and NFL Player 1986-1996

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ACC NEWS

News

March Update

Spring time has hit the ACC! The snow is melting, the winter sports are starting to finish, and it is time to start focusing on the sun and summer...Many CFL players have been using the ACC to tune up and get ready for their upcoming season. *Scott Gordon* (Saskatchewan Roughriders), *Pat Woodcock* (Ottawa Renegades), *Shawn Gifford* (Ottawa Renegades), *Giles Lezi* (Ottawa Renegades), *JF Roy* (Ottawa Renegades), and *Leonard Semajuste* (Ottawa Renegades) have been working throughout the winter to get battle ready for the gridiron...Another potential CFLer has been training at the ACC to prepare for the CFL Combine. *Dexter Ross* was one of 48 Canadian players invited to the pre-draft camp held March 23rd to March 25th in Toronto. We are proud to report that Dexter posted some of the best results for his position and literally “blew up” the competition. Coach Goldenberg

overheard one player comment that he had never been hit as hard as he just had following a hit Dexter laid on him. The ACC wishes Dexter the best of luck in the CFL Canadian Draft on April 20th...As previously reported in the newsletter, the Major Bantam Nepean Raiders Hockey Team has been training at the ACC as a team all winter. We would like to congratulate the team for winning the ODMHA

Major Bantam AA finals. The team had one



final tune-up workout at the ACC before heading to Mississauga to participate in the Ontario AAA tournament...ACC athlete *Brianna de Palezieux* has been having a phenomenal winter in the pool. This is Brianna’s first winter at the ACC and she has posted many personal best times recently. At Eastern Nationals in Mid-February she narrowly missed the



Brianna in Action

podium where she placed 5th overall in the 200m breast, 6th in the 50m breast, and 6th in the 100m

breast. However, at the Junior Provincials a few weeks later Brianna was on the podium 3 times. She captured the bronze medal in both the 100m and 200m breast, and her medley relay team won the gold! We wish Brianna and the rest of the Nepean Kanata Barracudas the best of luck as they continue training for the Pan-Pacific Trials in July...Two of the coaches had the opportunity to further their knowledge of the strength and conditioning field. Adam and John attended the National Strength and Conditioning Association Strength and Power Clinic. Much of the clinic was focused on Olympic lifting and its benefits for athletic performance...The ACC is proud to introduce two new programs. Summer of 2006 will be the first for the Elite Hockey Training Program. This program is open to athletes who play in any professional, tier 1 or tier 2 junior, or collegiate leagues. Members of the Elite program will receive benefits exclusive to those taking part in the program. Such

benefits include private use of the ACC in the morning, a nutritional consultation with Bruce Bonner MASc., RNCP, as well as a Wingate and VO2 Max assessment. The Elite Hockey Training program will also integrate on-ice conditioning built into members' weekly workout schedule twice a week for the months of July and August. In our effort to make our athletes better, we are now offering on-ice sessions two times per week to members and non-members following the Elite Program's on-ice session. Each on-ice session will include elements of power, speed, agility, and quickness under the watchful eye of the Strength Coaches...Please contact the ACC for more information regarding these or other programs at 613-225-2806 or info@accottawa.com.

Athlete Profile

Dustin Cook – NCO Ski Team

Dustin is a member of the NCO Ski team and has been training at the ACC for over three years. This past year was particularly successful for Dustin as he won the overall gold medal at the Canadian junior ski championships. Dustin dominated the course by finishing over two seconds ahead of the rest of the competitors. Dustin finished the 4 day competition with two first place and one second place finish. Not only does Dustin have more hardware to hang at home, but he also accepted an invitation to train with the Canadian Alpine Ski Team this spring. The ACC would like to congratulate Dustin on his successful season and wish him all the best for the future.

Exercise of the Month

Cross Box Step-Up

The Cross Box Step-Up is an exercise that was developed and popularized by Coach Goldenberg. This exercise is beneficial for many athletes who want to generate more power as they cross over or cut around a defender. It is an exercise that can also be used to increase flexibility through the hips as it causes certain muscle groups to shorten and others to lengthen. To perform this



exercise, select a box no less than 12" and set yourself to the side of the box. Place your outside foot flat on the outer edge of the box, keeping an upright posture step onto the box, across, and down with the leg that you stepped up with. The Cross Box Step-Up is a great uni-lateral leg exercise and can be used as a progression from the traditional Step-Up or Split Squat. Add a Dumbbell or hold a Medicine Ball overhead to increase the intensity.



Training Principles

Strength Training and the Golfer

As the weather is improving and becoming warmer, many people start to plan for their summer adventures. People are now starting to pull their golf clubs from the back of the closet and are beginning to dust off their drivers. Many golfers, especially recreational ones, fail to grasp the physicality of the sport. Research has shown that amateur golfers achieve approximately 90% of their peak muscle activity when driving a golf ball. This equates to approximately the same intensity as picking up a weight four times before

total fatigue sets in. Likewise, golfers are always looking for that extra help in driving the ball further or hitting the ball with more accuracy and unfortunately turn to buying expensive equipment instead of investing in themselves. Did you know that although golf technology has significantly increased in the last 50 years, the average winning score of major tournaments has stayed the same. That being said, golfers need to embrace the value of a sport-specific workout regime. Golf-specific programs have been shown to improve technique, increase power, flexibility, and endurance. Training of amateur golfers has shown to increase clubhead speed by 3 to 7%, resulting in an additional 10 to 15 yards extra with no adverse effect on accuracy. A longer driving distance is positively correlated with score in average golfers. Golfers who participated in a golf-specific training program for 8 to 12 weeks were able to reach higher clubhead speed and greater coordination – both of which led to increased performance. As you prepare for this upcoming golf season...think about improving the person swinging the club, not just the club!

SUMMER HOCKEY CONDITIONING CAMP

2K6?

Who is this program for?

- Any hockey player between the ages of 11 and 14.

What is this program about?

- 8 weeks long (July 4th to August 25th) consisting of three 90 minute training sessions per week
- Each training session includes elements of speed, agility, strength, and energy system training

What do participants get?

- Personal attention with an athlete:coach ratio of 8:1 maximum
- Free ACC Shirt and Water Bottle

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FOR MORE INFO**