



November/December 2005  
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## Quote of the Month

“SWEAT PLUS SACRIFICE  
EQUALS SUCCESS”

-- Charlie Finley  
Owner of the Oakland A's,  
1960-1980

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# ACC NEWS

## News

### November/December Update

Happy Holidays from all of your coaches at the ACC...It has been a busy fall for both our athletes and the strength coaches... *Sarah Watters* of the University of Waterloo Warriors Volleyball team has been lighting up the courts in the OUA and was named a Warrior Athlete of the Week in November. Sarah leads the OUA conference with 38 blocks after only 6 matches and is second in Canada...*Jasmine Giles* helped Ontario win the gold medal in the Canadian women's under-18 championship. In the 4 game round robin, Jasmine contributed one goal and four assists and assisted on the opening goal during the championship game...Hockey player *Kiefer Weir* was recently profiled in the *Kitchissippi Times* newspaper. Kiefer is currently playing for the Cumberland Grads of the Central Junior-A Hockey League. The Grads selected him second overall of the CJHL draft. He was also chosen in the sixth round by the Brampton Battalion in the OHL...*Liz Wilson* recently returned from playing in the OFSSA Single 'A' girls basketball tournament in Sturgeon Falls. Liz, a member of the Elmwood Senior Girls basketball team, led her team in scoring in their final game...Congratulations goes out to ACC Athlete *Matt Dyer* whose team recently won the Silver Stick Regional Qualifier in Pembroke. Matt has been training at the ACC for 5 years – we wish him all the best when the Ottawa West Golden Knights travel to Sarnia for the Silver Stick finals later this winter...The ACC has played host to many teams and school groups over the last couple of months. Exercise science classes from local high schools have dropped by to pick the brains of the

coaches to learn more about training athletes and experience what a workout at the ACC is all about. The ACC is also the home of both the Major Bantam and Midget Nepean Raiders hockey teams. The Raiders are using the ACC as a team building environment as well as to become stronger and faster...The ACC recently hosted the NCD Freestyle Ski Team for a workout and information session. We teamed up with fellow ACC Athlete and Canadian Freestyle skier *Jeff Bean* to show the young up-and-coming aerialists and mogul skiers the training it takes to get to the next level. We wish Jeff the best of luck with all of his competitions this season as he gets ready for the Olympics in Turin this winter...The first ACC GET FIT BOOT CAMP is wrapping up. We had 17 participants who came to the ACC to get fit for the winter season. They were put through their workouts three days a week for 45 minutes using many of the same exercises we use with our high performance athletes. Looking for a gift for the person that has everything??? The ACC is running another round of BOOT CAMP from January 9<sup>th</sup> to March 3<sup>rd</sup>. Check the website ([www.accottawa.com](http://www.accottawa.com)) for more information regarding price and times or contact us with any questions you might have...With Christmas just around the corner, the ACC will be closed the 24<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup>, and 31<sup>st</sup>...Your Strength Coaches at the ACC wish you all the best during this busy holiday season!

### Still Looking for that Perfect Christmas Gift??

The ACC offers gift certificates for all of our programs and evaluations.

Book a VO<sub>2</sub> Max test for the endurance athlete on your list or a Boot Camp spot for that person that is looking to train the ACC way!

Don't delay...time to cross another person off your Christmas list!!

# Athlete Profile

## Mike Blunden – Erie Otters Hockey Team

We would like to congratulate Mike Blunden on being selected as the ACC Athlete of the Month. “Blundy” has been training at the ACC for 5 years since his days with the Gloucester Rangers. Currently, Mike is playing for the Erie Otters in the OHL where he was named OHL Athlete of the Week during the month of November. During that week Mike recorded 11 points in 3 games. Currently, Mike has 43 points in only 28 games. Mike is very dedicated to his off-season training at the ACC – he likes how the individualized programs challenge him to succeed and credits them for making him stronger and faster. The variety in programs and the constant feedback that he receives from the Strength Coaches has helped Mike succeed at the OHL level. His career aspirations are to take his game to the next level; he moved one step closer this summer after being drafted by the Chicago Blackhawks in the 2<sup>nd</sup> round of the 2005 NHL entry draft. We wish Mike the best of luck as he travels to B.C. to try-out for the Canadian World Junior Squad starting December 11<sup>th</sup>. Keep up the great work Mike!

## Exercise of the Month

### Stability Ball Push-Up

This exercise has slowly become a staple upper body push movement in many of the programs being written at the ACC. This can be classified as a “Big Bang” exercise, meaning it trains many different aspects of your body. It works the core, the primary movers of the upper body, the shoulder stabilizers, as well as proprioception. Another plus about the Stability Ball Push-Up is that it is a closed-kinetic chain exercise.

Closed-kinetic chain exercises are generally defined as exercises in which the furthest point of the body is fixed; in this case the hands are fixed to the stability ball. Closed kinetic chain exercises are favoured over open-chain exercises because they require the athlete to support their own body weight while moving a load, which in this case is their body weight. To perform this exercise, the athlete should place their hands underneath their shoulders with their fingers pointing forward on the



stability ball. Slowly lower yourself until your chest is slightly above the ball, hold for one second and then push back to the starting position. This exercise can be made easier by supporting the ball against a wall or harder by elevating the feet.

## Training Principles

### The Female Athlete and ACL Injury: Steps in Injury Prevention

Anterior Cruciate Ligament injuries occur most frequently in planting and cutting sports such as basketball, volleyball, soccer, and football. Research shows that female athletes have a 4-6 fold increased risk of ACL injury than males playing the same sport. The greater incidence of ACL injuries in females stems from many interrelated factors including strength imbalances between opposing muscle groups, poor running and cutting mechanics, as well as poor coordination and firing patterns of the leg muscles. A non-contact ACL injury involves a rapid deceleration of the knee joint. Athletes must be able to rapidly decelerate the knee in all directions under control. A properly designed training program which includes strength, balance, and power

development will assist the body in protecting the knee from such forces.

Training the posterior chain (glutes, hamstrings, and calf muscles) has been shown to decrease the risk of potential ACL injury. This is because the posterior chain works to slow down the body and transfer the deceleration forces from the ground through the hip. Secondly, training the posterior chain will work to reduce the imbalance between the quadriceps and hamstring muscles evident in most young female athletes. In conjunction with posterior chain exercises, single leg strength should be a focus. Exercises such as the split squat and step-up will work single leg strength and balance. While the athlete is developing single leg strength, they should simultaneously be developing eccentric and landing skills through plyometric training. Learning to land might sound simple, but teaching athletes to disperse their deceleration force is critical to protecting the knee as it occurs every time the athlete plants and cuts. Common plyometric exercises that should be included in a beginner plyometric program include box jumps, hop and hold the landing, and skate (single leg) hop and hold the landing.

It is widely accepted that prevention is much less costly and less painful than reactive protocols for problems with the knee. By strengthening the lower body and working on deceleration, a female can decrease her risk of suffering an ACL injury.

Did you know that the ACC has a VO<sub>2</sub> MAX TEST?

### What is VO<sub>2</sub> Max?

- Your Maximal Oxygen Uptake (VO<sub>2</sub> Max) is the maximal rate at which oxygen can be taken up, distributed and used by your body during exercise.

### Why should you get a VO<sub>2</sub> Test?

- Determine your VO<sub>2</sub> max and your Anaerobic Threshold
- If your VO<sub>2</sub> max is your aerobic potential, your Anaerobic Threshold determines how much of that potential you tap into.
- Accurately pinpoint your heart rate training zones