

•  
•  
•

# ACC NEWS

November 2004  
Volume 1, Issue 1

## Inside this Issue

- 1 News
- 1 Athlete Profile – Kristyn Hope
- 2 Exercise of the Month – Bosu Landmine Twist
- 2 Nutrition - Hydration
- 2 Staff - Meet Your Coaches
- 2 Quote of the Month

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

## News

### November Update

Welcome to the inaugural ATHLETIC CONDITIONING CENTRE monthly newsletter. We hope that you find the letter both enjoyable and informative. Watch for a new issue each month via email, or at the front desk of the ACC.

Well as sure as the seasons change, so too do things at the ACC, as we strive to continually improve both our coaching skills and equipment that we provide.

We are excited to announce that the ACC now has three “**Keiser**” functional training stations. Keiser equipment provides resistance through air pressure, which eliminates any moving parts. What does this mean to the athlete? ACC Strength Coaches can now develop unlimited exercises in any plane of movement and at any speed, and not have to worry about the deceleration that was necessary with weight stacks to prevent the machine crashing. As well, we are currently implementing the use of our three **vibration platforms**. Vibration training has been shown in a number of studies to acutely affect an athlete’s power output capabilities, as well as stimulate the nervous system when used as a warm-up tool. In addition to these great new tools, we have added three new custom Olympic lifting platforms to bring our total to five.

The month of October saw legendary strength and conditioning coach **Al Vermeil** visit the ACC. Mr. Vermeil is a pioneer in the strength and conditioning field, and has won

championships with both the San Francisco 49er’s, and the Chicago Bulls. Mr. Vermeil spent some time with the ACC coaches teaching and further developing their skills and knowledge.

As well, a new “**Member Referral Incentive Program**” has been implemented. Existing and new members will be rewarded with a one month membership *extension* when they refer three new members. Referral cards are available at the ACC. Please ask your Strength Coach for further details.



## Athlete Profile

### Kristyn Hope – Ontario Ski Team

Eighteen year old Kristyn Hope, a graduate of Bell High School, has been training at the ACC for 5 years. Kristyn came to the ACC at the age of 13 and has developed into an incredibly strong young woman, and she continually amazes the ACC Strength Coaches with her constant improvement. J.R. Leger, ACC head Strength Coach, has worked with Hope since day one, and has claimed Kristyn is pound for pound one of the strongest athletes he has worked



November 2004

with. "The ACC has helped me progress in skiing by teaching me that hard work is the only way to succeed", stated Kristyn. Some of Kristyn's career highlights include placing 10th in the 2004 National Super 'G', 1st in the 2004 Mars Ontario Provincial Championships Giant Slalom, as well as placing 3rd at both the Georgian Peaks and Craighleith races in the Pontiac GMC Cup in 2004. The ACC congratulates Kristyn Hope for participating in our inaugural Athlete Profile of the Month, and wishes her continued success in her training and upcoming ski season! Kristyn receives an ACC hat for her selection.

## Exercise of the Month

### BOSU Landmine Twist

The BOSU Landmine Twist is an advanced ground based loaded rotational exercise that would enhance performance in virtually any sport. With the addition of the BOSU to the exercise, an unstable environment further challenges the core to stabilize and the legs to balance while accelerating and decelerating a load through core rotation. The action of this exercise can be likened to a slap shot in hockey, a tennis forehand or backhand, a rugby pass, or any cutting movement in football, and basketball.



The exercise uses a specialized hinged socket (Landmine) that the Olympic bar fits into and the BOSU balance tool. The athlete holds the end of the bar with

# ACC NEWS

both hands while standing on the BOSU. The arms are extended and remain this way, as well, the feet are about hip width apart and the knees are slightly bent. The hips remain slightly back and the eyes remain fixed on the hands so as to allow proper spinal alignment and rotation of the shoulder girdle around its proper axis. The exercise begins with the bar at one side of the athlete. The bar is raised on an arc from the side of the hip, to the front of the face, and descends to the side of the opposite hip. The athlete repeats this action for the number of repetitions prescribed by the Strength Coach.

This exercise is excellent for improving ground based (feet on ground) rotational power, a skill that is desired in all sports!

## Nutrition

### The Importance of Water

As athletes, we have all been preached to about the importance of drinking enough water. The human body is approximately 60% water. Water is used in virtually all bodily functions, including facilitating the excretion of metabolic waste by the kidneys. Inadequate intake of water compromises cellular functions by contributing electrolyte imbalances, contraction of plasma volume, and inability to regulate body temperature.

Body water is lost through exercise, breathing, and urine; therefore, we must be continually replenishing it. To highlight the importance of remaining hydrated, one study has shown that dehydrating a muscle only 3% can cause a decline of 10% in its contractile strength, and an 8% loss in speed.

Remember, when you feel thirsty, it's already too late!

## Staff

### Meet Your Coaches!

The Strength and Conditioning Coaches at the ACC are regarded as amongst the best in the country. While some different staff members have come and gone, our current 'core' group of four will provide the backbone of the coaching to our athletes. Our staff have earned and hold a variety of educational and professional certifications and distinctions. Check you newsletter monthly for in depth information about your Strength Coaches and their specializations. Your ACC staff are:

Jean Robert Leger – Manager and Head Strength Coach, B.Sc., CFC

John Zahab – CSCS, CFC

Lori Bates – B.Sc., CSCS

Matt Price – B.KinH, PFLC, CSCS, NCCP II

## Quote of the Month

"The only time you mustn't fail is the last time you try"

- Charles F. Kettering

Athletic Conditioning Centre  
1050 Baxter Rd. Unit 1  
Ottawa, Ontario  
K2C 3P1  
Ph – 613.225.2806  
Fx – 613.820.1970  
Email – [info@accottawa.com](mailto:info@accottawa.com)  
Web – [www.accottawa.com](http://www.accottawa.com)

