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## Quote of the Month

"I'VE LEARNED THAT THE IMPORTANT THING IS TO KNOW THAT YOU'VE TRIED YOUR VERY HARDEST, GAVE 100 PERCENT ON EVERY PLAY."

-- George Rogers,  
Professional Football Player

The Athletic Conditioning Center  
1050 Baxter Rd. Unit 1  
Ottawa, Ontario, K2C 3P1  
Phone – 613.225.2806  
Fax – 613.820.1970  
Email – [info@accottawa.com](mailto:info@accottawa.com)

# ACC NEWS

## News

### October Update

Happy Halloween from the Athletic Conditioning Center! For those athletes whose seasons are currently underway, we hope that you are reaping the benefits of the hardwork you put in during the summer months with in-season success! Congratulations go out to *Jenna DeGrazia*, whose rep hockey traveling team has been competing and beating many Canadian university teams across Ontario – a great accomplishment for a team whose members are still in high school...*Francis Wathier* will be suiting up for the Iowa Stars of the AHL. "Watts" has been training at the ACC for many years and continues to impress the coaches with his great work ethic, wish him all the best this season...The ACC Strength Coaches were visited by world renowned Strength Coach Charles Poliquin this past month. Charles has worked with professional athletes and Olympic athletes for many years and is based out of Phoenix, Arizona. Charles spent a full day with the coaches talking and lecturing about various topics ranging from body composition to supplementation for weight loss and performance...Strength Coach John Zahab had the opportunity to attend the National Strength and Conditioning Association's Endurance Training Symposium in Colorado Springs. While there John attended seminars run by the same coaches that helped Lance Armstrong win seven Tour de France races...The ACC Strength Coaches were asked to participate in the Nike Hockey Training Camp held at the Bell Sensplex. The Coaches were brought in as local "Expert Trainers" to lead over 200 Ottawa youth hockey players through a battery of drills. Every participant of

the program left exhausted but more conditioned than they arrived...Strength Coach JR Leger has had a busy month as he is coordinating the strength training for l'École Secondaire Publique Louis-Riel. The ACC has teamed up with "Les Rebelles" to condition over 150 of their students on various teams...The ACC is proud to partner with local golf professional Kevin Haime to introduce our Off-Season Golf Program. This program combines golf specific training at the ACC with swing analysis from Kevin Haime at his golf center. The program is three months long – sign up by emailing the ACC at [info@accottawa.com](mailto:info@accottawa.com) before the "snow flies" and begin thinking of hitting the ball further for next year...Good luck to all our athletes as they get deeper into their seasons. Please keep us up-to-date with your success; we love to hear from our athletes - you never know, you might just read about yourself in an upcoming newsletter!

### ACC + Kevin Haime = Improved Golf Game!!

When two of Ottawa's leading sports professionals team up, you can be sure you are getting the very best!

This unique partnership will not only work to improve your swing mechanics, but will also strengthen your muscles and correct any left-right imbalances in your body.

When combined and corrected, the improvements will result in a longer and straighter shot!

## Athlete Profile

*Erik Caron – Saint Michael's College Ice Knights Hockey Team*

Erik is currently playing hockey and attending Saint Michael's College in

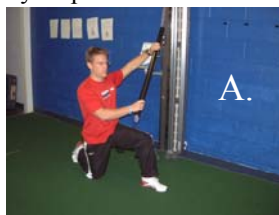
Vermont. Erik was one of the hardest working hockey players that trained at the ACC with this summer. Each time he walked through the door he impressed both athletes and coaches alike. Erik diligently followed his program and the meal plan all summer. He credits the ACC for showing him how to train like a professional and maintain that level of physical conditioning through proper nutrition and hard work. When asked what his favourite thing about the ACC is he answered: “how every athlete that trains there is there for one reason only – to improve so they can keep making it to the next level; also how knowledgeable each strength coach is about every aspect of training”. Erik is looking to build off his award-winning freshman year at Saint Michael’s, and the ACC wishes him all the best. Keep up the great work Erik!

## Exercise of the Month

### *Half Kneeling Chop*

The Half Kneeling Chop has become a favourite functional abdominal exercise for many of the Strength Coaches to prescribe to their athletes at the ACC. Almost all sports involve movement in three planes of motion whereas many isolation exercises involve movement in one plane. The chop is a multi-planar exercise which addresses the three planes in an integrated fashion, thus making it more functional for the athlete. The Half Kneeling Chop is an exercise that targets the kinetic chain of the torso; training the chain translates into improvements in speed, power, and coordination. The kinetic chain of the body refers to how the body moves due to sequentially coordinated muscle contractions. The Chop is such an important core exercise because it incorporates a pull action followed by a push action of the upper body, stabilization of the trunk in three planes (flexion, rotation, and side-bending), and weight transfer for leverage and dynamic balance. The movement is initiated with a pulling motion from the

arms (A). As you pass the midline of your body, the athlete transitions from the pulling motion to finish the exercise with a push (B). It is important to maintain a tall spine through the pull and push, remember that optimization occurs only through proper technique.



This exercise will allow you to become aware of any asymmetry between the left and right sides of your body. Work the weaker side twice more than the strong side to balance your left and right sides.



## Training Principles

### *Eccentric Training: Strengthening the Opposite Movement*

In most human activities, sports included, a movement in the opposite direction (also known as an eccentric movement) precedes motion in the intended direction. For example, a football player must decelerate his body to slow down the instant before he makes a cut to avoid a tackle. As he decelerates to plant his right foot, his Glutes, Hamstrings, Calf muscles, and Quad muscles are eccentrically loaded to absorb the braking forces before contracting in the intended direction. This combination of eccentric and concentric actions is termed the stretch-shortening cycle.

Research has shown that increases in eccentric loading translate to strength gains in the subsequent concentric movement. In one study, subjects who performed eccentric loading of the bench press increased their 1 repetition maximums by 5 to 15 pounds. Certain types of eccentric training result in the enhancement of the stretch-shortening cycle. Eccentric training results in

greater neural adaptation and muscle growth than concentric training alone. The ACC has been using eccentric loading with some of their skiing athletes. Skiing is a unique sport in which the athlete must be able to sustain repeated concentric/eccentric contractions for the duration of the race. By incorporating eccentric contractions into their off-season program, these athletes are preparing for their high-intensity season. When planning a program, eccentric training should be incorporated for improved strength gains.

## Coaches Corner

*Shawn Gifford*

**Position:** Strength Coach

**Certification:** B.S. Physical Education, CFC, Twist Sport Movement 1

**Background:** Shawn was born and raised in Ottawa and is a product of Sir Robert Borden High School before receiving an athletic scholarship to attend Eastern Arizona Junior College. He was drafted 32<sup>nd</sup> to the Montreal Alouettes in the 2001 CFL Entry Draft. Throughout Shawn’s career he has played for Montreal, Saskatchewan, Toronto, and Winnipeg. Currently Shawn is playing O-line for the hometown Ottawa Renegades. One of Shawn’s specialties at the ACC is motivation. He expects the most out of the athletes that he works with...and if you aren’t giving him 100% he will let you know!

