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## Quote of the Month

"I learned that the only way you are going to get anywhere in life is to work hard at it. Whether you're a musician, a writer, an athlete or a businessman, there is no getting around it. If you do, you'll win--if you don't, you won't." -- Bruce Jenner, Olympic Gold Medalist, Decathlon

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# ACC NEWS

## News

### September Update

Welcome to the first post-summer ACC newsletter (and the back-to-school edition)! We had a great (and busy) summer training. Let's recap those crazy hot summer months. In May we welcomed our new Strength Coach, Adam Douglas (more in the Coaches Corner section), to the ACC...June kicked off with our **Summer Hockey Conditioning Camp**. 16 young, energetic, and hard working 11-14 year old hockey players took part in the 8-week program. We are proud to report that each participant in the camp improved their speed, agility, and strength...With the end of the NHL lockout in July; many of our athletes find themselves with new teams and contracts. *Matt Bradley* will be suiting up with the Washington Capitals, *Pat Kavanagh* will be with the Philadelphia Phantoms of the AHL, and *Francis Wathier* will be with the Iowa Stars, also in the AHL. The NHL held their draft in Ottawa at the end of the month.



Lorne Goldenberg, Sidney Crosby, Jack Johnson, and Andy O'Brien

The ACC welcomed both *Sidney Crosby* (1<sup>st</sup> overall) and *Jack Johnson* (3<sup>rd</sup> overall), they chose to use the ACC for a pre-draft workout... Congratulations go out to *Mike Blunden* who was selected in the second round (43<sup>rd</sup> overall) by the Chicago Blackhawks. Mike was also selected to attend the World Junior training camp at the beginning of August in British Columbia...August saw the departures of not only many of our athletes returning to their schools and teams after a hard working summer, but also

the departures of Strength Coaches Matt and Lori. Both have left the ACC in pursuit of higher education. We wish both of them the best of luck...As we transition into the fall season, the ACC was excited to welcome back many of our skiers after training in Chile for the month of August. We are all looking forward to another couple months working with them before the snow comes...The ACC hosted the Florida Panthers Rookie team on Labour Day.



The team was in town to take part in the Rookie tournament and used the

ACC to put the Rookies through a battery of tests...The ACC is proud to announce its new program – **GET FIT BOOT CAMP**. This program is designed for parents and friends of our athletes and will be an 8-week circuit training program beginning October 17. Three sessions are being offered in the morning, at noon, and in the evening. **BOOT CAMP** will offer a non-competitive atmosphere, allowing each participant to accomplish their own personal goals of weight loss and fitness. Contact the ACC for more details or visit our website at [www.accottawa.com](http://www.accottawa.com)...Please note that we are returning to our winter hours. We are now open weekdays from 3:30-8:30 and Saturday from 10-1...Good luck to all our athletes in your upcoming season – this is where all the sweat at the ACC will pay off – remember, keep us up-to-date on your progress and accomplishments so you too can be featured in our monthly newsletter!

### ACC – GET FIT BOOT CAMP

- 8 Weeks to a Better Body
- Fat Burning, Toning, & Core Conditioning
- Instructor Ratio of 1:12

Our "GET FIT BOOT CAMP" will get you where you want to be!!  
Call today to reserve your spot!

# Athlete Profile

Mike Beynon – Union College  
Dutchmen Hockey Team

Mike Beynon of Nepean is a longtime member of the ACC. Currently playing defense for the Union College Dutchmen, the “Beyn-train” is a former product of the Nepean Raiders and has been training at the ACC for six years. Mike continually works hard during the off-season, and credits the ACC with making him stronger and more powerful. Mike has an incredible work ethic, and is a great example to our younger athletes on the proper way to train hard while at our facility. Numerous athletes have been wowed by the feats of strength that Mike has showed while working out during the summer. The ACC is proud to have had an impact with Mike’s development as an athlete and wish him all the best in the upcoming season.

# ACC NEWS

stabilizers. At the ACC we use sandbags that range from 15kg up to 60kg. Grasping the handle of the sandbag, the athlete forcefully strides out with their lead leg (A) and then follows that initial step with the other leg while dragging the sandbag (B). These steps are continued for approximately 30yds. It is important that the athlete maintain an athletic stance with a tall and straight spine.



strength of 41.1% and lower body gains in strength of 53.5% after an 8-week strength training program. Detraining of this group resulted in a 28.1% and 19.3% decrease in upper and lower body strength respectively. Likewise, another study reported significant decreases in bench press, vertical jump, and flexibility in college football players following their competitive season. Don’t let all your hard work go to waste – hard work in the gym is a year-around objective!

## conditioning center Exercise of the Month

### Lateral Sandbag Drag

The lateral sandbag drag is just one of the unique sandbag exercises that we use at the ACC. This exercise develops many properties of the hip and leg musculature including both strength and power. Many, if not all, sports incorporate some degree of lateral movement. Whether it be a goalie sliding across the crease to block a one-timer or a soccer defender moving in pursuit of an agile attacker, the body must move laterally in space. It is imperative that the muscles be trained in a manner which allows for maximal carryover to sport performance. Training to improve lateral movement capabilities, for instance, requires exercises that are performed in lateral movement patterns. The specific muscle groups involved in lateral movement, the abductors and adductors are targeted in this exercise, as is the ever-important core and spine

## Training Principles

### Detraining: The Importance of In-Season Training

In the off-season, many athletes put in endless hours at the ACC and various gyms developing lean mass, strength and power beyond what they can develop simply playing sports. For most athletes, once the competitive season begins, they discontinue training altogether and focus solely on playing. Sadly, the best shape those athletes will ever be in will be wasted during training camp. High performance athletes detrain quicker and more drastically than recreational athletes. The misconception exists about in-season training is that it will leave you sore and tired for actual competition. In reality, a properly designed in-season program can not only maintain your strength and power, but can help prepare you for competition by increasing neural activation without causing muscle soreness or fatigue. Examples of detraining in the research literature include a study of children aged 7-12 that demonstrated upper body gains in

## Coaches Corner

Adam Douglas

**Position:** Strength and Conditioning Coach

**Certification:** BPHE, BA, CSCS

**Hometown:** Mississauga, ON

**Background:** Adam started working at the ACC in May 2005 after graduating from Queen’s University with a Bachelor of Physical and Health Education and a Bachelor of Arts in Health Studies. While at Queen’s University, Adam played Varsity football for three years before injuries sidelined his career. Adam completed an internship with Cris Carter’s Fast Program in Boca Raton Florida where he worked with numerous athletes of all sports and ages. His main focus while at Fast was the conditioning of many Division I and professional football players.

**Specialties:** Football, Rugby

