



Strength & Conditioning Newsletter

Spring 2008

Spring Strength & Conditioning: Free (Grades 9-12)

- M,W,F from 3:00-4:45
- Monday, March 17 – Friday, May 30

Summer Strength & Conditioning: (Grades 5-12)

- Monday, June 9 – Friday, August 8
- High School Program M,W,F – Group Training (\$100) and Personal Training Options (\$190)
- Middle School Program T,Th – Group Training (\$70) and Personal Training Options (\$130)

Our staff strength training program will take place from 3:00-5:15 on Tuesdays and Thursdays as well Saturdays from 9:00AM-Noon. All staff are welcome to participate in the summer strength and conditioning program.

1st Annual Winter Combine Results

Congrats to the following winners:

John Christianson – 9th

Beau Allen – 10th

Nick Nazarian – 11th

We will hold our 1st Annual Summer Strength Combine on Friday, August 8th!

Winter Strength & Conditioning Letter Winners

Andrew Grathen	Ismail Karon	Nick Nazarian	Connor Gatenby
Parker Weinstock	Joe Knudsvig	Cameron Clarke	Calvin Samborski
Beau Allen	Brady Greer	Connor Roach	Tom Ahrens
Anthony Boyce	Andrew Johnson	Nick Boyce	Jimmy Gildea
Joe Miller	Colin Nelson	Jack Houlton	Chase Fischer
Anders Dzurek	Mike Bartz	Scott Frederickson	Tyler Theis
Kurtis Host	Hunter Bates	Chris Simon-Wallace	

Strength Training Myths and Misconceptions

Myth #1: Females who strength train with a high level of intensity will develop large, “bulky” muscles.

Reality: The overwhelming majority of females lack the genetic potential to substantially increase muscle size. Specifically, the average woman has about one-hundred times less serum testosterone than the average male. Lower levels of this growth-promoting



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hormone limit the amount of muscular hypertrophy (increase in muscle size). Many of the women seen on the covers of muscle magazines do not achieve their extraordinarily high level of muscular development naturally. A number of these women most likely had help in the form of steroids or synthetic derivatives of a growth hormone (Peterson and Bryant 2000).

This does not mean that females cannot gain strength. Females gain strength at a similar rate as males, but without the same degree of hypertrophy (Brzycki 1995). Females can attain numerous benefits from strength training such as improved body composition, reduced risk of diabetes, alleviation of low back pain, and improved bone mineral density. Because of these incredible benefits, it is imperative that females are encouraged to strength train just as emphatically as males.

Myth #2: All college/professional strength coaches and certified personal trainers are highly qualified professionals.

Realty: Though there are many highly qualified and educated strength coaches and personal trainers, many, even at the highest levels, are simply not qualified for their current positions. In athletics, many strength coaches “earn” their position simply because they were a star athlete for that particular high school, college, or professional team. Often these individuals have either no degree or a degree in a completely unrelated field. Strength and conditioning programs implemented by these coaches are usually carbon copies of the strength programs that they themselves participated in while they were competing.

Most health clubs and fitness centers require their personal trainers to hold multiple certifications. People see that these trainers hold many certifications and put complete trust in these individuals simply because of the fact that they are certified. As with many coaches, these certified individuals either hold no degree or have earned a degree in an unrelated field. The root of this problem lies not with the personal trainer, many who are hard working and well intended, but with the certification industry. For most certification organizations, making a profit is their number one priority. Often these organizations present half-truths based on poor and biased research. Unfortunately, there is no governing body that holds these certification organizations accountable.

Due to the overwhelming amount of non-research based strength training information and the lack of a governing body for certification, sport coaches, trainees, and athletes often end up as the victims. Many put forth an incredible amount of time, effort, and money that ends up yielding little or no benefit and potentially leading to injury. This is not to say that all coaches and trainers who are certified are ineffective. Many are fabulous professionals who provide the individuals they train with safe, effective and time efficient workouts. However, certifications and coaching status should not be the defining quality of a strength coach or personal trainer.