

THOMAS EVERETT ATHLETICS: *Redefining Athleticism*

February 2008 Edition:

NEWSLETTER

Dear Reader,

Welcome to the **February 2008** newsletter for **Thomas Everett Athletics**. I am so excited (and hopefully you are as well) about what the rest of the year has in store. Frankly, I love the **number 8** and what it stands **for**; it is the number for **new beginnings , a fresh starts**. And in the hustle and bustle world we live in today, if you think the way I do, then a fresh start is always welcome.

As a Sport Performance Specialist I want you to assure that I am professionally committed to the pursuit of growing, learning, and educating myself as a leader in the field of athletic development for you and your children. Make no bones about it - my goal remains the same: ***to stay on top of cutting edge information and training techniques so you may succeed. In doing so, when you train with Thomas Everett Athletics, you can expect to develop into the absolute best & nbsp;athlete you can possibly be, and do so by staying injury free in both training and competition.***

I strongly believe, that as a specialist and trainer, if you don't know more than you did last year and if you are not continuing to grow and stay on the cutting edge of athletic development, then you are in this industry for the all the wrong reasons. I know many a coaches who implement and use the same exact programs and information they used 10 to 20years ago. So parents, **BEWARE** of where you send your child for his or her athletic preparation and development.

As a coach, teacher, and mentor the athlete is always the focal point. It is of the utmost importance to have them prepared both mentally and physically for whatever sporting venues they have chosen to pursue. My promise to you is this: "Your child (and/or you) will receive the best training around period!" You will be provided and made aware of the best information available in the field of athletic development. This is what you should expect and this is what **Thomas Everett Athletics** will deliver.

Before we launch into this, I want to first congratulate all the athletes that have worked with me in the past. From all the remarks and emails I received, everyone did exceptionally well. That alone is motivating but more than just being motivational; this compels me to be the best coach I possibly can for each of you. That is simply a testament to the hard work and dedication your children invest in to succeed and develop as athletes. And remember this: developing athleticism is a process and patience is required from both the parent and the athlete. Don't fall into traps and empty promises of "**3 DAY SPEED PROGRAMS**", or "**1 WEEK TRAINING PROGRAMS**" that offers or guarantees this or that for your child. Don't believe all the hype from these quick fix programs. In truth, the development of any true skill takes time, dedication, persistence, hard work and is a process.

"The race does not always go to the swiftest, but to the steady the race is won."

WHATS IN THIS ISSUE:

- * **PROGRADE NUTRITION: The Right Fuel Means Everything**
- * **SPEED Development**
- * **EXERCISE & EXERCISING**
- * **WARMING UP**
- * **ADULT FITNESS CAMPS**
- * **WE Want To Hear From You**

PROGRADE NUTRITION: The Right Fuel Means Everythings...

When training for any sporting event, enhancing performance, or simply living a vibrant energetic life, the way you fuel your body is crucial to your success. An individual or athlete with a leaner muscle mass promotes more strength, speed and power than one with excess body fat. Carrying excess body fat is non-functional weight and interferes with daily life, running mechanics, overall speed, athleticism and performance. A leaner, well conditioned physique will result in improved performance, efficiency, and better overall health.

Living a vibrant, healthy, energy filled lifestyle should be important to you, that's why I have partnered with **PROGRADE NUTRITION**, <http://teverettathletics.getprograde.com>, to bring you the premier

nutritional products with the premier Nutritional Company in the industry.

If you are looking to accelerate your results, whether it's to lose weight, get leaner, stronger, pack on more muscle, or better your performance then I highly encourage you to get familiar with this life-changing product line. The **PROGRADE** product line is so **EXCLUSIVE** that only fitness professionals can recommend it. Yes, that is correct, the people who actually know how to get fitness results, not some uneducated store clerk or kid selling you junk you don't need, or worse, selling you something dangerous.

Go to **<http://teverettathletics.getprograde.com> NOW!** Get familiar with our product line, order your products and really feel the difference of exceptional nutrition. Combine our products with a good strength and exercise program then you are certainly on your way to enjoying a healthy lifestyle.

You may also click on any of the links below to go directly to the area of your choice:

- <http://teverettathletics.getprograde.com/weightloss>
- <http://teverettathletics.getprograde.com/athleticperformance>
- <http://teverettathletics.getprograde.com/workout>
- <http://teverettathletics.getprograde.com/vgfmn>
- <http://teverettathletics.getprograde.com/vgfwomen>
- <http://teverettathletics.getprograde.com/icon>
- <http://teverettathletics.getprograde.com/wellness>
- <http://teverettathletics.getprograde.com/specials>
- <http://teverettathletics.getprograde.com/combos>

Want the **ABSOLUTE HIGHEST QUALITY PRODUCTS GUARANTEED!** **Prograde Nutrition** was not only founded by some of the most well sought after fitness professionals in the nutritional industry, but it's only available through fitness professionals. Believe us, you don't want an uneducated store clerk selling you junk you don't need, or worse, selling you something dangerous. The fitness professionals who sell **Prograde** only care about one thing: **YOU!** For more info log onto

<http://teverettathletics.getprograde.com>

SPEED DEVELOPMENT:

Lets talk **speed**! If you ask most parents in America what their child needs most in their development as a competitive athlete, you can pretty much cash it in they'll say the two words; "*more speed*". Ask most athletes what they desire most from an training program, chances are they will say "*more speed*". Ask most coaches in America the skill or quality they want more in their players and guess what they'll probably say: "**SPEED**"!

SPEED KILLS! A faster athlete gets to the ball much quicker than the next player. A faster athlete makes more plays than his or her peers. The faster the athletes are the more they are coveted by college and professional recruiters. I know because I coach and see it all the time.

From the pop warner to the professional, the athlete who can react the fastest, get to the ball the quickest, and separate themselves from the pack increases his chances for athletic success.

When training this skill called speed, first we need a careful analysis of the athletes speed requirement, because not all sports are the same. This analysis of speed requirements has to be the underlying basis (the foundation so to say) of any speed program. Without understanding the specific nature of the individual or team players game requirements, the speed training is likely to be less than optimal. So before developing the speed training program, determine what the speed qualities are for both the sport and the athlete.

In our next issue we will cover the importance of multidirectional and lateral speed. But for now let's turn our focus on the different stages of straight ahead or linear speed. For the sport, decide whether speed is an important requirement or not. If so, speed must be developed through all phases of training.

Phase 1 / REACTION TIME: This must be worked on but is often forgotten. The ability to react to

a stimulus with lightning quick reflexes is vital to athletic success.

Phase 2 / ABILITY TO ACCELERATE: This is the ability to reach maximal speed in the shortest time possible.

Phase 3 / ACHIEVEMENT OF MAXIMUM SPEED: This explains itself. We want to reach our maximum speed.

Phase 4 / SPEED ENDURANCE: This is the ability to hold that maximal speed.

If an athlete can sustain his/her top speed for an acceptable distance, but is lacking in the acceleration department (and provided acceleration is important to performance) then training needs to focus on acceleration. On the other hand, if a player is quick off the mark and exemplifies adequate acceleration but lacks the ability to maintain top speed, then providing maintenance of maximal speed is important. So training must address the weakness of the athlete.

Addressing weaknesses is the key, not necessarily adding to strengths. Of course we still continue to enhance our strengths, but more emphasis should focus on confronting weaknesses.

In the weeks and months ahead I will delve deeper into linear as well as lateral speed and the ability to change directions, accelerate and decelerate. In the meantime.....

*

If training in the SPEED DEPARTMENT is something you or your child needs then what are you waiting for. Log onto www.thomaseverettathletics.com or call me at 214.803.2727. Feel free to also email me at TEve112164@aol.com. We offer one on one, small or large group, and team training for all sports.

EXERCISE OF THE MONTH: The Lunge

To begin, start with the feet shoulder width apart, toes pointed straight ahead, hands on the hips looking straight ahead. Next take a long step out with one leg with the shin of the lead leg vertical throughout the movement. Drop into a deep lunge with the back straight up and down, and do not allow the knee of the lead leg to move out over the toes. From this position, drive off the lead leg explosively and alternate legs.

This dynamic action brings us as close to real life sporting application and recruits higher motor units. We can also use dumbbells or barbells for external loading, use twists, lunge backward, or sideways. Make sure the back toe is pointed straight ahead and that the knee is not touching the ground. By keeping the back toe pointed straight ahead you get to dynamically stretch out the hip flexor.

C.P. To know more about this exercise and all the hundreds of other exercises designed to enhance the overall athletic ability of the athlete, contact Thomas at 214.803.2727 to get set up on a training schedule.

WARMING UP:

If you are an athlete and wish to perform and compete at full speed, then it is a wise decision to get warmed up properly. And when we talk about getting warmed up properly, we are not talking about static stretching (holding a stretch in one position anywhere from 10 to 30 seconds). This outdated method actually reduces speed and power output in the athlete.

Think about this: How many times during the course of a game or practice does an athlete hold a stretch position? If you don't know the answer, it's ZERO! That's why during the warm-up process it is very important to put your athletes through dynamic exercises and stretches that are identical to the types of movements they will actually be performing during competition or practice.

Otherwise, not only will the athletes be slower and less powerful, but the likelihood of injury is greatly increased.

You want your athletes moving, sweating, getting a little tired, raising core temperature, now that's getting warmed up.

So what kind of exercises should I do? How long should they be? Well, it's not unusual to see athletes with whom I work with warm up for 20 to 30 minutes before we start speed or any other training.

Here's a sample of a dynamic warm-up:

- * Jog 3 min.
- * Skips (forward, backward, lateral)
- * Carioca
- * Walking Knee Hugs
- * Cradles
- * Soldier Walks

- * Elephants
- * Iron Cross
- * Scorpions
- * Spiderman
- * Leg Swings
- * High Knees
- * Backward Run
- * Accelerations 4 X 30 to 40 yards

By doing a dynamic warm-up like this one, your athletes will feel looser, stronger, faster, and more explosive.

ADULT FITNESS CAMPS:

I am making arrangements for you adults to get involved in the training and fitness revolution. I know a number of you have shown interest in me doing **FITNESS CAMPS**, and there's no time like the present.

What I need to know from you is this: **Do mornings or evenings fit best into your schedule?**

I will be working on a **survey** to send out this week and want each of you to participate. These adult fitness camps are something I've been wanting to do for a while now, and so we will now get on with the programs.

In the meantime, if you have a group that would like to get started right away, by all means contact me immediately so we may get things rolling.

I'm looking forward to these camps and looking forward to hearing back from you.

Thomas Everett
www.thomaseverettathletics.com
TEve112164@aol.com
214.803.2727

I WANT TO HEAR FROM YOU:

This section is designated for you, my devoted readers. I would love to and want to answer any questions you may have pertaining to speed & agility, strength, fitness, plyometrics, coordination, balance, energy systems, or any other topic you'd like to discuss.

If there is anything that you would like to see integrated into the newsletter, or if there's something you disliked, please voice your opinion.

If you are needing training for yourself, son, or daughter, dont hesitate to contact me at TEve112164@aol.com or go to www.thomaseverettathletics.com so a training schedule can be mapped out.

At this time the website is under construction, so be patient with us.

Please contact me with your questions because I'd like to use them in our next newsletter.

Your partner in *ATHLETIC SUCCESS*.

Thomas Everett
Athletic Performance Specialist
www.thomaseverettathletics.com
<http://teverettathletics.getprograde.com>
214.803.2727

P.S. Feel free to forward this issue on to friends, colleagues, coaches, or anyone else you believe would benefit from this very important information.

Please send your comments, questions, and ideas to TEve112164@aol.com

If you'd like to be removed from our mailing list simply type **REMOVE** in the subject heading and send to the same email address.

******The contents of ThomasEverettAthletic emails are not to be considered as medical advice. Always consult a physician before beginning or changing any fitness or exercise program.******