

# ACC NEWS

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## Quote of the Month

"There are only two options regarding commitment; you're either in or you're out. There's no such thing as life in-between."

- Pat Riley

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## News

### February Update

ACC athletes rang in the New Year with a round of "star" worthy performances. From the slopes to the pitch to the rinks, the ACC was well represented... Canadian Alpine Ski team member, *Pat Biggs*, continues to dazzle the International ski scene as he placed 10<sup>th</sup> in his first two World Cup races. A rookie on the World Cup circuit, Pat has focused his sights on finishing the year in the top 30... After recovering from a serious neck injury sustained in September in Australia, freestyle aerialist, *Jeff Bean*, picked up a silver and bronze medal at a Lake Placid World Cup event... Soccer Keeper, *Kevin Pritchard*, is heading to Manchester, England on February 14<sup>th</sup>. Nineteen year old Pritchard will attend a short training camp before joining either the Altrincham FC or Radcliffe Borough FC. At nearly 6'6", Kevin has worked hard this off-season and is poised to make a Canadian impression on the soccer hotbed of England... ACC All-Stars Roll Call! *Mike Blunden*, of the Erie Otters, competed in the 2005 CHL Top Prospects game in Vancouver, January 19. Mike is currently ranked 21<sup>st</sup> amongst North American skaters for this years NHL Entry Draft... ODMHA All-Stars include Midget 'A' *Jeremy Kearns*, and *Harley Paterson*, Major Midgets *Chris Ford*, *Steve Frost*, *Sean Wilson*, *Mathieu Wathier*, *Stephan Blunden*, *Marc Zavitske*, and *Jordan Charette*, Minor Midgets *Corey Domenico*, *Brad Albert*, *Alex Stewart*, *Noah Van Moorsen*, *Jonathon Shepperd*, and *Keifer Weir*... CJHL Rookie All-Stars *Sean Murphy*, *Brendan Davie*, *Shawn Cox*, *Chris Murphy*, *Alex Vidoni*, *Branden Edge*, and *Mathew Valois*,

CJHL All-Stars *Craig Baxter*, *Martin Beaulne*, *Paolo Bottiglia*, *Mathieu Picard*, *Brock Matheson*, *Shawn Fensel*, *Corey Laurysen*, *Chris Trafford*, *Tom Riley*, and *Andrew Mather*. Congratulations to all... The Ottawa South United Soccer club have begun their off-season training at the ACC. Currently nine groups comprising over 100 players will be working their ways to improved physical fitness and enhanced performance... Watch for a new and improved ACC website. The new look site will have enhanced features to better serve our athletes, and as always, will be located at [www.accottawa.com](http://www.accottawa.com).

## Athlete Profile

### Mark Coldham – Rideau View Golf and Country Club

Eighteen year old Mark Coldham of St. Paul High School has set his sights on nothing less than a hole in one. Currently golfing with Rideau View Golf and Country Club, Mark aspires to one day join the CPGA or PGA as a professional, but not before "Coldy" attends University. Mark began training at the ACC just over three months ago and finds that, "the training environment is friendly and inspirational". Mark has recently finished writing his SAT examinations in preparation for what he hopes will materialize in the form of an NCAA athletic scholarship. The former Team Quebec and Williamson Cup team member lists making the 2004 Quebec Interprovincial Team and the Williamson Cup team in Detroit Michigan, as well as winning the 2003 OCCDSB High School championship, winning the 2003 OVGA Juvenile Championship, and finishing in the top 10 of the RCGA Future Links Quebec

in 2004. Mark credits the ACC for improving his overall athleticism. Best of luck to Mark in his golf career pursuits. Mark receives an ACC hat for being our February Athlete Profile.

## Exercise of the Month

### Low Pulley Squat to Press

The low pulley squat to press is another example of a ground based exercise that incorporates upper and lower body movement. The squat to press action utilizes the major hip and knee extensors (quad, ham, glute), as well as the deltoid and triceps in the upper body. Since this exercise is ground based the muscles of the lower back and abdominal region will also be recruited to help stabilize the spine and pelvis. To set this exercise up, the athlete begins by holding a cable in each hand just above the shoulder. The athlete assumes a position that resembles the bottom of a squat with the hips, knees, and ankles flexed. The cable will be



positioned behind the athlete. The exercise is now executed by extending the hip, knee, and ankle, forcing the athlete to rise. As they approach full extension, the athlete will press the cables up and slightly forward. The final position is full extension of the hip, knee, ankle, shoulder, and elbow. To repeat, the athlete simply lowers the hands to shoulder height and flexes the lower extremity back to the initial starting position. This exercise is commonly used in the strength phase as a total body strength developer; however, it can be made explosive by allowing the athlete to explode upwards and leave the ground as they extend and press upwards.

## Nutrition

### Creatine

Creatine is without question the most widely used sports supplement on the market today. Despite its widespread use amongst professional, amateur, and recreational athletes, many myths and vague information exists regarding creatine supplementation and exactly what it is. We will briefly examine what creatine is, who should use it, and what credible science has to say about it.

Creatine is a naturally occurring amino acid that we consume in foods such as red meats and fish, or produce in small quantities in the liver, pancreas, and kidneys. Creatine, in the form of phosphocreatine, is used as energy storage in muscles. Our muscles currency for fuel is a chemical called ATP. In short intense bouts of exercise (<30s), muscle ATP is quickly used up and is regenerated with the phosphate provided from phosphocreatine. Power output quickly declines as stores of phosphocreatine are depleted, thus limiting the regeneration of muscular ATP (and limiting performance). Science has shown that oral supplementation of creatine can increase muscle stores, and enhance performance in sprint or short term intense exercise; however, it has also been shown to have no effect in some individuals. One study reported that supplement responders were most likely to have low initial levels of muscle creatine, low body fat percentage, large muscle cross-sectional area, and a higher proportion of type II fast twitch muscle fiber.

Creatine is a safe supplement that is not banned or restricted by any athletic

governing body. Because manufacturers sometimes produce other banned substances, creatine has been found to contain trace amounts of other products. Creatine is a physiological ergogenic that can improve an athlete's performance less than 5% that what is attainable through perfect training and nutrition. This being said, young athletes should first learn proper nutrition and allow their bodies to mature to a state where they have experienced advanced training. Ask your strength coach before supplementing your diet with creatine.

## Coaches Corner

*Matt Price*

**Position:** Strength Coach

**Hometown:** Holland Landing, ON

**Certification:** BKinH (Acadia), PFLC, CSCS, NCCP II

**Years at ACC:** 1

**Specialties:** Hockey, Football, Rugby

**Hobbies:** Video editing, reading, fishing

**Career Highlights:** Having trained an NHL first round pick and Stanley Cup Champion in the same off-season.

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