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## Quote of the Month

"THE HIGHEST COMPLIMENT  
YOU CAN PAY ME IS TO SAY  
THAT I WORKED HARD  
EVERYDAY, THAT I NEVER  
DOG IT."

-- Wayne Gretzky

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# ACC NEWS

## News

### May Update

The ice and snow has melted and another winter is behind us...which means it is time to start thinking about the next hockey season! Many of our hockey players are returning from their seasons and are re-committing themselves to become bigger, stronger, and faster...Of special note – congratulations goes out to ACC Athletes *Allan Charbonneau* and *Shawn Cox* who were named the Most Valuable Defenseman and Playoff MVP respectively for the Brockville Braves...not only are many of the hockey players returning, but so are many of our alpine skiers. They have left the hills behind them and are working to improve upon their results from last year. Congratulations are in order for *Dustin Cook*. After dominating for much of the ski season, Dustin has put himself in a position to be named to the Quebec Alpine ski team for the upcoming year...It has been an up-and-down month for many of our CFL football players. Not only are the Renegades leaving town, so too are all the players training at the ACC. Look for Scott Gordon (Hamilton Tiger-Cats), Pat Woodcock (Edmonton Eskimos), Leonard Semajuste (Winnipeg Blue Bombers), and Giles Lezi (Hamilton Tiger-Cats) this season with their new teams. Also, we would like to report that Dexter Ross was drafted 48<sup>th</sup> overall in the Canadian College Draft. He was selected by Winnipeg in the sixth round. All the best to the guys as they enter their final weeks of training before heading off to training camp mid-May...The ACC would like to welcome the Ottawa Royals U17 men's soccer team. The Royals have begun training as a team to increase their agility and core strength for the

upcoming season...We have started to gear up for the summer at the ACC...Starting May 1<sup>st</sup>, we will be open from 10:00am-8:30pm weekdays and from 10:00am-1:00pm on Saturdays. Starting June 1<sup>st</sup> and running until the end of August we will be extending our Saturday hours from 10:00am-3:00pm...We have started our last ACC GET FIT Boot Camp before the summer. The program started TODAY (May 9<sup>th</sup>) and will happen every Tuesday and Thursday until June 29<sup>th</sup>. Spaces are still available for the Tuesday and Thursday morning and evening sessions. For more information regarding this program please visit our website at [www.accottawa.com](http://www.accottawa.com) and follow the Boot Camp link on the left side of the page. While you are there check out some testimonials from former participants of the BOOT CAMP program...The ACC is very excited to announce the expansion of our Summer Hockey Conditioning Camp 2K6. We will now be running 4 different sessions of this popular 8-week training program for hockey players aged 11-14. Starting July 7<sup>th</sup>, participants will be put through an eight week supervised training program. There are only 8 spots per class to ensure an athlete to coach ratio of 8:1. Summer Conditioning 2K6 consists of three 90 minute training sessions per week. The hockey specific exercises have been selected to be fun, safe, and to challenge the young athletes throughout the different phases of their training. Check out the Summer Conditioning Camp 2K6 link on our website for more information about the program and to download the schedule as well as the registration form. Don't delay – spots are limited and are beginning to fill up! This will be the last edition of the ACC Newsletter for the summer...we hope you have enjoyed the news and training updates...see you in September!

# Athlete Profile

## Liz Wilson – U18 Ontario Rugby Team

Liz has been training at the ACC since October. She is a multi-sport athlete at Elmwood School where she is a member of the basketball, volleyball, and rugby team. Liz’s passion lies on the rugby pitch where she also plays on the Women’s Provincial team. Liz has been training hard at the ACC for the last 5 months she is makes the leap from the U-16 team to the U-18 team. As one of the hardest working athletes at the facility, Liz has seen tremendous results in the gym – where she has become one of the strongest athletes currently training. Both players and coaches from her team and opponents have commented on her increased strength and ability to dominate on the field. Congrats Liz and keep up the great work!

# Exercise of the Month

## Inchworm – Dynamic Warm-up Exercise

Before any sort of exercise, a warm-up is essential. Research has shown that static stretching before a workout is counter-productive (see Training Principles below). The Inchworm is one of the dynamic warm-up movements given to athletes at the ACC in preparation of their training. The inchworm works various muscle groups from the upper to the lower body. It works to build stability in your shoulders and core and lengthens the posterior chain consisting of the calves,

hamstrings, and lower back. To start, stand up straight

with your toes pointing forward. Bend at the waist and place your hands on the ground with your legs straight and heels on the ground. Walk your hands out; keep your legs straight until you are parallel to the ground. To finish the exercise, walk your feet to your hands



Return to standing and repeat. To challenge yourself further, add a push-up when you are in the parallel position.

making sure to keep your legs as straight as possible and heels on the

# Training Principles

## Importance of a Dynamic Warm-Up

One of the important (if not the most) components of a proper training program is a thorough warm-up. Too often athletes limit their performance in the gym by incorrectly warming up. They walk in the door, hop on the bike for a minute, perform a few stretches and then proceed to load on weight. Not only are they setting themselves up for potential injury, but they will not be able to perform at a high level. This is one of the main reasons a dynamic warm-up is built into an athlete’s program at the ACC

Recent studies have also shown that static stretching reduces strength and power if used before training. Static stretching will decrease the elastic properties of the muscles. Along with the decrease of elastic properties, the muscle will experience a reduction in its neurological activation. This will result in slower and weaker performance in the gym.

Researchers have determined that connective tissues such as muscles and tendons are better able to react and handle force following the application of heat and stretch. The heat comes in the form of increasing core temperature – accomplished by a 5-10 minute bike

or run – and a through dynamic warm-up. A dynamic warm-up can take many forms, but it consists of different exercises designed to increase the range of motion at the joints and in certain muscle groups. Exercises within the dynamic warm-up can be selected to teach or emphasize sport-related movements that athletes will need or to improve specific movement patterns to improve coordination.

At the ACC, we use our 60ft of indoor turf to ensure our athletes are properly prepared for their workouts. Exercises and their variations in our warm-ups include walking lunges, Inchworms, high knee skips, butt kickers, and stability ball push-ups.

**What’s New at the ACC**

**New Hours:** Weekdays from 10am-8:30pm and Saturdays from 10am-1pm.

**Elite Hockey Program:** Open to all professional, university, and junior players. Includes private use of the ACC, nutritional consultation with Bruce Bonner MASc, RNCP, on-ice conditioning.

**Summer Hockey 2K6:** Hockey conditioning camp for players aged 11-14 years. 3 sessions per week for 8 weeks.

**On-ice Conditioning:** Bringing the ACC experience to the ice. On-ice conditioning including speed, agility, and on-ice plyometric work.

*For more information on these and any other programs at the ACC please visit our website at [www.accottawa.com](http://www.accottawa.com)*

