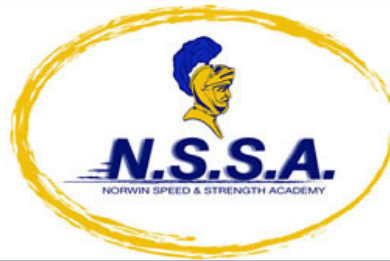


# N.S.S.A. NEWS



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## A Message from Coach Sigut

NSSA Athletes and Parents,

Our athletes place an extreme amount of stress on their bodies, working hard to improve their sports performance. A healthy diet is essential to meet the demands of their intense training sessions and competitions. A proper diet and supplementation where necessary is essential in achieving optimal sports performance. I have had the opportunity to work in the nutrition industry for the last fourteen years. When educating clients on proper nutritional choices, I always follow the KISS principle, "keep it simple stupid." It does not take an elaborate plan to achieve excellent health and peak performance. Listed below are eight simple steps presented by Mark Verstegen, founder of the Athletes Performance Institute and author of the new breakthrough book, "Core Performance Essentials."

### Eight Keys to a Healthy Sports Performance Diet

1. Eat smaller amounts more often. This increases metabolism, maintains lean muscle, and gives you more energy. We recommend 3 meals and two snacks per day.
2. Correct Carbohydrates - Eat colorful fruits and vegetables at each meal.
3. Lean Protein - either a whey supplement or lean protein source that you can fit in the palm of your hand at **each** meal.
4. Good Fats - Fish Oil and flax seeds decrease inflammation and control blood sugar.
5. Breakfast - Never skip the most **IMPORTANT** meal of the day.
6. Healthy snacks between meals.
7. Supplement - A good whey protein to maintain and build lean muscle and a good multivitamin/anti-oxidant to help with the daily stress placed on the cells of the body.
8. Hydrate - Water, water and more water.

Sincerely,

Brad Sigut  
NSSA President

## Next Month's Feature Article:

Core Strength and Stability

## The Norwin Speed and Strength Academy

is located in the Baseball  
Academy of Norwin Address:  
509 Hahntown Wendel Rd.  
Irwin, PA 15642

NSSA Office:  
724-861-3048  
[info@norwinspeed.com](mailto:info@norwinspeed.com)  
[www.norwinspeed.com](http://www.norwinspeed.com)

## Hot Topic: Whey Protein Now Available to NorwinSpeed.com

A healthy diet alone is not sufficient to fuel the high demands of our athletes. Research has shown that when athletes supplement their diet with a well formulated whey protein product, they recover faster from workouts, build more muscle, burn more fat, get fewer injuries, and perform at a higher level. NSSA trainers will be providing our athletes with **free samples** of vanilla and chocolate whey from Entrenet Nutritionals. Entrenet Whey is the choice of protein for more than 200 health professionals in the Pittsburgh area. It is a non-concentrate, no sugar, stevia flavored, ion-exchanged, high branch chained amino acid, with 22g of protein per serving.

### ***Protein Mixing Instructions***

**Blend** one scoop of whey with one cup of water or low-fat milk, ice, and fruit if carbohydrate is desired. Protein can be ordered through our store at [norwinspeed.com](http://norwinspeed.com). All orders will be delivered to the Academy within three business days.

## **Is Whey Protein Important to Athletes?**

**Years of scientific research confirm the benefits and safety of whey protein.** This easy-to-digest protein is efficiently absorbed into the body; therefore, it is often used after workouts to quickly replenish and nourish muscles.<sup>1</sup> **Based on already promising findings related to muscle recovery and exercise performance<sup>2,3</sup> athletes may want to consider whey protein as a convenient, highly bioavailable protein source.**<sup>†</sup> Read on to learn more about whey protein and recommended daily intakes for this nutrient.

### **Protein performs many important functions**

Whey protein is a high quality protein derived from cow's milk. It provides all the essential amino acids needed for numerous bodily functions. **In addition to being a source of energy, protein is the major structural component of all cells in the body.** Proteins function as enzymes, in membranes, as transport carriers, and as hormones, and are critical for cellular repair and building and repairing muscles and bones.<sup>4</sup> Researchers are currently studying **whey protein's potential role in supporting muscle recovery and exercise performance<sup>2,3</sup> cardiovascular health<sup>5,6</sup> immunity<sup>7,8</sup> and a variety of other health benefits.**<sup>†</sup>

### **How much protein do you need each day?**

The amount of protein you need each day largely depends on your body weight and the amount and type of exercise you do. Most healthy adults require a daily intake of at least 0.8 grams of protein per kilogram of body weight to meet their nutritional needs, but athletes require a little more. **Experts recommend between 1.2 to 1.4 grams of protein per kilogram of body weight for endurance athletes, whereas protein needs for resistance and strength-trained athletes may be as high as 1.6 to 1.7 grams per kilogram of body weight per day.**<sup>9</sup> Divide your weight in pounds by 2.2 to determine how much you weigh in kilograms. For example, a 154-pound man weighs 70 kg.

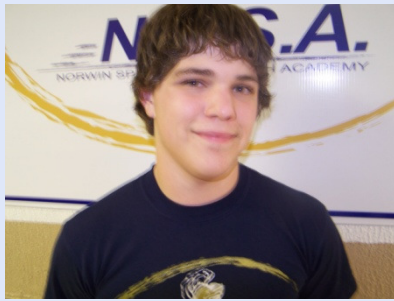
As with all nutrients, more is not necessarily better: Research indicates that you won't see any extra gains in muscle with a protein intake above what your body requires. **For best results, consume a mixed meal providing carbohydrates, protein and fat as soon after your daily workout as possible.** As with all dietary supplements, if you have or suspect a medical condition, **check with your physician before adding a protein supplement to your supplement program.** This is especially true for people with kidney problems for whom a high protein diet would not be appropriate.<sup>†</sup>

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**ATHLETE SPOTLIGHTS**



Norwin 7th Grader **Jake Pribanic** has seen success on both the baseball and football field. Jake is an AAU All Tournament Team Baseball player. Jake plays for both the Pittsburgh North Stars and Beaver Valley Red AAU/USSSA baseball clubs. Jake is one of the top performers on each team. Jake helped the North Stars to the final eight at the AAU 12U National Championships last year. Jake played his first year of organized football for the Norwin Rams this past season. He was awarded the Team MVP in the Rams inaugural season. Jake is looking forward to contributing to the success of both

the Baseball and Football programs for the Norwin Knights. Jake's main goal is to reach Division 1 Baseball or Football.

Jake trains at the NSSA to continually improve on his natural speed and athletic ability. He enjoys all aspects surrounding each session. From the Vertimax to Coach Brad and Coach John's passion and enthusiasm for what they want to accomplish to improve his skills. As a result, the Head Coach of Taylor Alderdice HS Baseball team commented on how great Jake's running mechanics and footwork are at a recent Beaver Valley Red practice. An unsolicited confirmation of NSSA training from an informed independent observer.

**Coach Sigut says:** Jake is one of the most talented athletes of his age group. We educate our athletes on the fact that speed and strength training is a year-round necessity. Jake already was participating in an annual strength training program before he met us. He truly understands the daily commitment and sacrifice necessary to be the best. Jake is an extremely respectful and pleasant young man. We look forward to working with him and watching his success in the years to come.



**Anthony Mastrogiacono** is a Penn-Trafford Middle School athlete who has been very active in several sports. He has played quarterback for the PT Midget Football Association for the past 8 years with an impressive 58-13 record during his tenure. In 2006 he was area III runner-up in wrestling. He also runs track for Penn Middle School and this year he broke the school record for the 100 meter dash with a time of 11.56 seconds.

Anthony enjoys training at NSSA because he feels it has given him the opportunity to improve in his needed areas. He already has improved his explosion from the start as evidenced by his impressive 100-meter time. He also wants to keep improving his footwork and balance which will help him in all of his sports.

Anthony's main athletic goal is to take first place at WAADA's (the County Middle School track championship) in sprints, and to start on the Freshman Football team next fall.

**Coach Sigut Says:** Anthony has a great attitude and work ethic. We were all proud to hear of his recent Junior High track record. At only 14 years of age, he will be a force to be reckoned with in whatever sporting event he is competing.



14-year-old **Nick "Cujo" Cubarney** is one of Norwin's top 8th grade athletes. He is well-rounded - he is active in baseball, basketball, football and track. Yet he still finds time to improve his athleticism by training at Norwin Speed and Strength Academy.

Nick was a starter on his middle school basketball, Metro, and AAU teams and was thrilled this year when he found, after several weeks of NSSA training that he can now touch the rim of the hoop. His main reason for participating in speed and strength training is because he knows that he

will help him reach his full athletic potential - to "be all that I can be." His main athletic goal is to be able to dunk in 9th grade. In baseball, he wants to be able to throw a good knuckleball.

Nick's parents commented that they have already seen a marked increase in Nick's speed and agility. Nick is always eager to attend trainings and frequently tells others about it. His favorite part of NSSA is the trainers that are tough on him and push him as hard as possible. He knows with this motivation he will continue to improve his speed and his vertical leap.

**Coach Salmon on Cujo:** Nick has taken great strides over the past three months. He looks like a completely different athlete since the first time we started training. I look forward to continuing to challenge and push Nick throughout the coming years. The harder he trains, the more dominant of an athlete he will become.

### NSSA April Evaluation Schedule

Please check the sign at The Academy next to the Schedule Board to see if you are due for a Re-Evaluation this month. All members whose 8-week session is up by May 9th are encouraged to attend one of these sessions to check your progress. Each 8-week session includes one re-evaluation. It is best to have yours done after at least 6 weeks of training. **This Month's Re-Evaluation Dates are: Saturday, April 12<sup>th</sup> and Saturday, April 26<sup>th</sup> : Sessions at 9am, 10am and 11am each day.**

### Next Month's Feature Topic

Core Strength and Stability