

N.S.S.A. NEWS



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NSSA Athletes and Parents,

It's back to school time and NSSA has so much exciting news to share. First, we are proud to introduce our newest trainer, Coach Earl Shepherd. Coach Shepherd is a world class athlete, former member of the U.S. bobsled team, champion of the world police and fire games, American Gladiator winner, etc. Coach Shepherd will use his eight years of sports performance training experience to help our athletes reach their maximum potential.

Parents have often asked about training for adults. Coach Mike Whiteman and Coach Earl Shepherd have created the **NSSA Fitness Boot Camp**. This will be the most dynamic exercise experience of your life. Unlike other fitness classes or camps with massive groups, NSSA will train you in a semi-private group of six. Participants will get **twelve one hour and fifteen minute sessions** for \$195. All fitness levels are encouraged to participate. **Register today as spaces are very limited. Call 724-861-3048 or register online at www.norwinspeed.com.**

Next Month's Feature Article:

Hip Flexor Training for Speed

2008 NSSA Fitness Boot Camp Schedule

Mon, Wed & Fri - Sept. 15th - Oct. 10th

Mon, Wed & Fri - Oct. 13th - Nov. 7th

Mon, Wed & Fri - Nov. 10th - Dec. 5th

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
www.norwinspeed.com

*There will be two groups of six clients at **6:00 a.m.** and two groups of six clients at **9:30 a.m.** Due to semi-private class size and schedule, there are no make-ups available.

Finally, we are extremely excited to announce the plans for the opening of the **Viper Speed & Strength Academy** at the Greentree Sportsplex. We will be the official sports performance trainers of the Pittsburgh Riverhounds professional soccer team. We look forward to providing great service to athletes in the Pittsburgh area.

Sincerely,
Brad Sigut

A Vertical Jump that Defies Gravity

The vertical jump is quite possibly one of the most sought after abilities in any sport and by every athlete. You may wonder why the vertical jump is held in such high esteem by people ranging from backyard ballers to NFL combine coaches, but if you had a bit more back ground knowledge of what a powerful vertical jump entails, you would be less than amazed by the impressive respect the vertical jump demands on the court and the field. So what is in a vertical jump and why is it such a sought after attribute of athleticism?

The vertical jump is a mixture of raw power, speed, agility, and grace. The vertical jump not only requires tremendous muscular power, but it also requires the neural ability to put this power to good use. This means that the average guy who has strong legs won't necessarily have a huge vertical unless he knows how to coordinate and apply his muscular strength efficiently.

So, how come the vertical jump is considered such a valid measure of athletic potential? Simply put, it's because if someone can jump high, that means they have massive explosive strength. Explosive strength is the same type of strength that allows someone to run fast, accelerate fast, throw far, and kick hard. This is why the vertical jump is one of the most common tests of athleticism used in professional sports.

How can you increase the vertical leap? Since there are a number of factors that lead to a massive vertical, the most effective way to increase the vertical leap is by addressing these factors one by one. As you increase each attribute required to propel the body into the air, your vertical will increase. If you can balance these aspects, you will absolutely defy gravity!

The main factors are relative strength, plyometric ability, and speed strength or explosive strength:

Relative Strength - Relative strength is your strength to weight ratio. This means being strong for your size. The stronger you are in relation to your weight, the more power you will be able to apply towards letting your center of gravity leave the floor.

Plyometric Ability - Plyometric ability refers to the efficiency at which your body stores and redirects energy. This means that you are able to take force from a run up and use it to cock your tendons like springs, only to release them at just the right moment and send your body flying into the air. This type of strength can be augmented by something known as plyometrics.

Speed Strength - When making a vertical jump, it is not enough to be super strong. You need to be able to apply this strength in under 1 second. This means that you need to teach your muscles to utilize as much power as possible in as small a period of time as possible. This is augmented most effectively through Olympic lifts. Most Olympic lifters have vertical jumps in excess of three feet without doing any jump training whatsoever.

If you can figure out a way to increase these aspects of strength, you will be well on your way to a massive vertical. A great vertical jump program will maximize these three aspects and completely send your vertical leap through the roof!

This article was reprinted from <http://bestverticaljump.wordpress.com/>

ATHLETE SPOTLIGHTS



Norwin Senior Soccer fanatic **Mike Liebdzinski** has been training enthusiastically at NSSA to continue his dominance on the field. Although Mike is already a very accomplished high school athlete, he is working on his quickness and acceleration at Norwin Speed to continue to improve and make his senior year at Norwin successful and prepare himself for a college soccer career.

Mike had a banner season last year as a Junior. He was honored as the 2007 WPIAL Section 1 AAA Co-Player of the Year, as well as being named on the 2007 Pittsburgh Post-Gazette First Team All East list. He was also a 2007 All WPIAL AAA selection.

Besides playing for the Norwin Varsity Soccer team, Mike plays for the USFF (Futsal – Indoor Soccer) team. His U16 team was 2007 Northeast Regional and National Champions.

Mike’s dedication to his speed and agility training has paid off – his father Jeff, who has witnessed literally thousands of hours of practice over the years, notes that he has seen a noticeable difference in Mike’s quickness, acceleration and overall stamina in the short time he has trained at NSSA.

Coach Sigut says: Mike is such a talented athlete. He really worked hard this summer to improve his first step explosion, agility and overall speed. Mike should have another exceptional year on the soccer field. There is no doubt in my mind that Mike can play soccer at a high Division I level.



Heath Coles is beginning his 8th grade year at Norwin Middle School coming off of a huge year athletically in 7th grade. Heath spent the winter and spring months wrestling for Norwin Middle School, and both All American and Animals Wrestling Clubs. He placed 2nd (115 lbs) at the PJW Wrestling State Meet and was NUWAY Nationals 2008 Wrestling Champion at 112 lbs.

Heath then moved on to baseball, where he played short stop, catcher and pitcher for the Norwin Travel Baseball Association and NCAA. This baseball season, Heath racked up a total of 22 homeruns. Seven of these were at Cooperstown Dreams Park where he led his team in a successful and memorable tournament week.

Despite all the time spent at his sports, he makes his NSSA workouts a priority. His parents, Amy and Chuck see that NSSA is giving him the strength and conditioning he needs to achieve his athletic goals. Heath likes how hard the coaches push him to reach his full potential. He has improved his shooting technique for wrestling thanks to the Vertimax. He also began strength training at NSSA, improving his squat and bench press as well as overall strength-training knowledge.

Coach Sigut says: We truly enjoy training Heath. He is an extremely hard worker and learns very quickly. Heath is already a much decorated athlete, I feel sorry for his competition as he continues to improve in speed, strength and first step explosion.

NSSA September Evaluation Schedule

The next Re-Evaluation Date is: Saturday, September 13th: Sessions at 9am, 10am and 11am.

Next Month's Feature Topic

Hip Flexor Training for Speed