

N.S.S.A. NEWS



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NSSA Athletes and Parents,

NSSA is geared up for an exciting summer season of training and special events. Our athletes continue to excel, breaking personal records every day. Check out our year-to-date first class improvements chart at the academy. We have vertical jump increases of plus eight inches since January, two foot plus increases in the broad jump, nearly a full second off the 20yd dash, etc. Great job NSSA athletes! Please review the information for the **Norwin Soccer Speed Clinic**, the **PAL Football Summer Speed Program** and to better accommodate you, the **special summer training hours**. Please enjoy this month's research article on the importance of core strength & stability training. As always, we would like to thank all of our clients for making NSSA a place where work ethic and athletic dreams are nourished every day. Have a great summer season of training.

Next Month's Feature Article:

The Parallel Squat

Sincerely,

Brad Sigut
NSSA President

Hot Topic: Summer Training at NSSA

New Summer Hours Beginning June 12th

Monday	9am, 10am, 11am, 12pm	5pm, 6pm, 7pm	10am strength training
Tuesday	9am, 10am, 11am, 12pm		10am strength training
Wednesday	9am, 10am, 11am, 12pm	5pm, 6pm, 7pm	10am strength training
Thursday	9am, 10am, 11am, 12pm		10am strength training
Friday	9am, 10am, 11am, 12pm	5pm, 6pm, 7pm	10am strength training
Saturday	9am, 10am, 11am, 12pm		

Beginning June 2nd, NSSA will post a rough draft schedule board, next to the actual schedule board. Existing members can lock in their summer training times. The actual schedule board will be changed the evening of June 11th .

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

Norwin Soccer Club Clinic

When: Monday June 9th thru Wednesday, June 11th

Session I: Ages 8-12 - 9:00 a.m. - 10:30 a.m.

Session II: Ages 13 - 17 - 11:00 a.m. - 12:30 p.m.

Where: Turner Valley Soccer Complex - Field #9

Clinic Fee: \$70

This is not your normal soccer clinic. Athletes will be put through three days of intense speed, strength and form training as it relates to the sport of soccer. This clinic will help the soccer community understand how NSSA training can take your game to the next level. All referrals to the clinic are greatly appreciated.

PAL FOOTBALL

Summer Speed Program

NSSA is excited to welcome all PAL Football players to our sports performance training program. PAL football players will receive seven weeks of training leading up to the beginning of football camp. Athletes will arrive at the first day of practice faster, stronger and more confident to handle the challenge of the upcoming season. This discounted package includes 14 training sessions and 2 evaluations for \$210. PAL football players must register by June 1, 2008. Active NSSA clients who are also PAL football players will have two additional sessions added to their next renewal for free. PAL football players can register at www.norwinspeed.com.

Core Strength Training for Athletes

Core strength training may be a relatively new, buzz term in the fitness industry but coaches and athletes have understood its value for many years. The core region consists of far more than just the abdominal muscles. In fact core strength training aims to target all the muscles groups that stabilize the spine and pelvis. It's these muscle groups that are critical for the transfer of energy from large to small body parts during many sporting activities.

Muscles of The Core Region

Abdominals: rectus abdominis, transversus abdominis, internal and external abdominal obliques

Hip Musculature: iliopsoas; rectus femoris; sartorius; tensor fasciae latae; pectineus; gluteus maximus, medius and minimus; semitendinosus; semimembranosus; biceps femoris; adductor brevis, longus, and magnus; gemellus superior and inferior; obturator internus and externus; quadratus femoris; piriformis

Spinal Musculature: erector spinae; quadratus lumborum; paraspinals; trapezius; psoas major; quadratus lumborum; multifidus; iliocostalis lumborum and thoracis; rotatores; latissimus dorsi; and serratus anterior

Core Strength Training For Athletic Performance

The muscles of the trunk and torso act to stabilize the spine, pelvis and shoulder girdle. From this solid, balanced base the limbs can be moved powerfully and under control. In fact before rapid movements of the extremities can take place, the central nervous system stabilizes the spine in anticipation. The rate at which the core muscles stabilize the spine may have a direct effect on the power of limb movement.

Core strength training differs from many traditional weight training routines by working both the lower back and abdominals in unison. The same is true for the upper and lower body. All athletic movements incorporate the core in some way. Very few muscle groups are isolated. Instead the whole body works as a unit and core strength training endeavours to replicate this. What are the benefits of core strength training to the athlete?

- Improved body control and balance
- Increased power output from both the core musculature and peripheral muscles such as the shoulders, arms and legs
- Reduced risk of injury (the core muscles act as shock absorbers for jumps and rebounds etc.)
- Improved balance and stability
- Improved athletic performance!

Editor's Note

The above article was presented by the Sports Fitness Advisor website. Visit www.sport-fitness-advisor.com to view this and many other sports performance training articles.

ATHLETE SPOTLIGHTS



Logan Varnum is a Rostraver Elementary 5th grader who has been very active in several sports. Most recently, Logan helped his Metro basketball team reach the championship game. His defensive skills on the basketball court are outstanding and he loves the game! Presently, he has joined a newly organized baseball team and is looking forward to a great season.

Logan is training at NSSA to improve his speed, strength and agility and to become a well-conditioned athlete. He looks forward to each training session and enthusiastically answers questions when people ask him "where did you get that t-shirt?" He hopes to continually reach new goals by attending NSSA sessions and hopes to greatly improve his vertical leap and upper body strength.

Logan really likes the time and attention from the trainers. His parents commented that they NSSA has "top-notch, first class trainers that care about the kids." They stated that after the first evaluation they knew that they will be keep Logan in the program for many years to come.

Coach Sigut says: I am extremely proud of Logan. His father initially informed me of his deficiencies in speed, agility and overall athletic capability. Those who have not seen Logan in the past couple of months will not recognize him. This is what sports performance education is all about, watching a young man transform himself into a competitive athlete.



Norwin soccer standout **Abby Churchfield** is a 6th grader at Hillcrest Intermediate. She has been an integral part of several team accomplishments. Some team accolades include: NOSO CUP Champions and Futsal State Champions twice each, Qualified for 3v3 Nationals and Turner Valley Shootout Champions. Abby's current team is undefeated in classic play and the number 2 seed heading into the 2008 State Cup Championships.

Abby's reason for training is to increase speed, strength and endurance so she can perform better on the soccer field, and her goal is to play soccer in college. While training at NSSA over the past several months, she has improved her running technique and her shot power, particularly with her left foot. She appreciates Coach Mike's ability to add soccer-specific training into her sessions and likes how he keeps things fun.

Mr. and Mrs. Churchfield appreciate the small class sizes that NSSA offers as well as the focus on technique. They noted that the trainers have done a great job in modifying exercises to bring soccer into the sessions.

Coach Whiteman's notes: It has been a pleasure to watch Abby mature as an athlete. When Abby first arrived at NSSA she already was an extremely gifted athlete. However, she was unrefined in regards to form and mechanics. Over the last couple of months she has worked very hard to overcome such obstacles, and in doing so she has increased the likelihood of living up to her full potential.



12-year-old **Sierra Vecchio** is another strong Norwin athlete. In the past few years she has set several school records in physical education and has accomplished high level tumbling skills through many years of gymnastics and cheerleading training. She currently participates in soccer playing at the cup level for Penns Forest.

When asked why she trains at NSSA, Sierra said "To increase speed, strength, and agility to enhance my soccer skills and to prepare to participate in track and field when entering middle school next school year."

Although training at NSSA is definitely hard work, Sierra revels in it. She is very competitive in nature and the trainers at NSSA push the athletes to get stronger and faster. She has improved in all categories over the past few months and looks forward to training over the summer.

Sierra came to NSSA with an abundance of energy, endurance and natural athletic ability - the trainers at NSSA recognize her competitiveness and challenge her each week to train harder. She truly enjoys each session as she feels her strength and speed improving. She is working hard toward her goals of continuing on with soccer and track and field throughout her high school and college careers.

Coach Whiteman's notes: Sierra is every coach's dream. Initial movement assessments revealed that there was very little work to be done in terms of function strength, movement and motor unit recruitment. With such a solid athletic foundation and a positive attitude, Sierra could concentrate solely on the development of her speed, agility and power. I look for big things in Sierra's future.

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 31st 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, May 10th and Saturday, May 24th : Sessions at 9am, 10am and 11am each day.**

Next Month's Feature Topic

The Parallel Squat