



Offseason Training and Nutrition Clinic
10/24/10

Agenda

- Why we are here - Goals for offseason training program
- Hammerbodies testing results
- How to improve
- Ways to do it
- Nutrition plans
- Meetings with coaches on individual offseason training plans

Gamers Offseason Training Program

- Why
 - Athleticism and physical talent is that starting point => Size, speed, strength, velocity, etc..

TOOLS

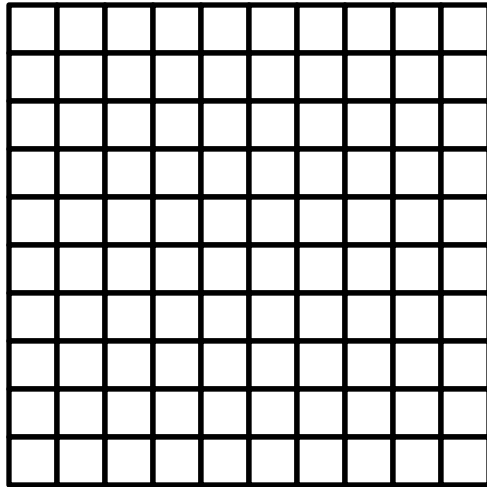
- Baseball skills, training and know-how can make an average athlete a good baseball player. But cannot make a bad athlete a good baseball player

Gamers Offseason Training Program

- Look at the players at the top teams at East Cobb, or on D1 college baseball teams Compare them to yourself
- D1 numbers
 - 6'2", 195lbs, 8-10% body fat
 - Sub 7.0 60 yard sprint
 - Velocities - RPH 87+, LHP 82+, Infield/Outfield >80
 - Bat speed - judgment (some measurements now)
 - Quickness - judgment, some standards emerging
- Process is driven by numbers -- COLD REALITY
 - Just like grades and test scores will determine what colleges you can attend
- How “physical”, how “athletic” are you? NUMBERS!!

TOP 10% RULE ...

I2u Baseball



Varsity HS



College/Pro

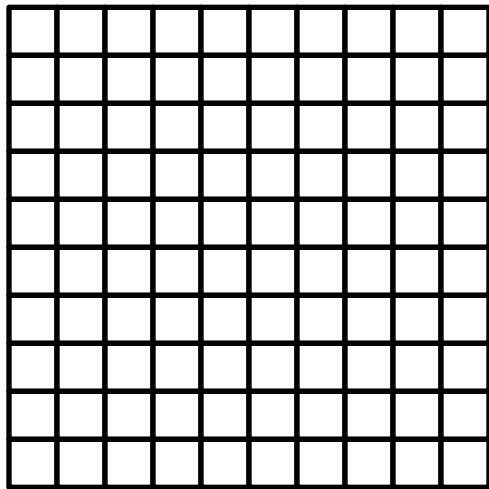


- Skills
- Talent
- Athleticism
- Mental make-up
- Grades

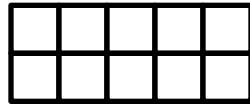
EVERYTHING YOU CAN DO

TOP 10% RULE ... APPLIES TO MOST THINGS IN LIFE

Graduating Seniors



Top Tier
College



Top Grad School



PEOPLE THAT DO EXCEPTIONAL THINGS ARE EXCEPTIONAL

ELEMENTS OF OFFSEASON TRAINING

7

- WEIGHTLIFTING AND TRAINING PROGRAMS
 - Gamer program, personal trainer program, high school program
 - Upper body, lower body, core, cardio, speed, quickness
- Winter workouts - Saturdays (Hammerbodies) & Rep sessions => 2x per week
 - THIS IS NOT ENOUGH !!!
- Long toss/Arm strength
- Testing at Hammerbodies - 9/6, 11/21, 2/13
- Nutrition

Off-season/Pre-season Training Goals and Plan

First Name	ALL
Last Name	STARR

Team	15U
------	-----

Height	5'10"
Weight	150

High School	BIG PUBLIC HS
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Do you play a Winter Sport?
NO - DECIDED NOT TO PLAY BB TO FOCUS ON BASEBALL

Do you have access to a gym/weights?
YES, LOCAL YMCA, HIGH SCHOOL GYM

Goals for Off-Season Training Program

1. PUT ON 12 LBS OF MUSCLE
2. IMPROVE UPPER BODY STRENGTH
 - BENCH 25 MORE LBS
3. INCREASE LOWER BODY STRENGTH - SQUAT 50 MORE LBS.
4. GET FASTER - REDUCE 40 TIME BY .2 SECONDS
5. IMPROVE ARM STRENGTH - 5MPH MORE VELOCITY

Plan for off-season training

WORK OUT WITH TRAINER 1 TIME PER WEEK
 GAMERS LIFTING PROGRAM AT YMCA 2 X PER WEEK WITH TEAMMATE
 CARDIO/SPRINT/AGILITY WORK AT LEAST 1X PER WEEK OUTSIDE OF GAMERS (WITH TRAINER)
 LONG TOSS 1-2 TIMES PER WEEK, FOLLOWING CARDIO WORK

Name: A STARR

		November							
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Body Weight
Date		1	2	3	4	5	6	7	150
Cardio		X		X		X			
Speed/Agility				X				X	
Upper Body			X		X		X		
Lower Body			X		X		X		
Throwing				X		X		X	
Hitting		X		X				X	
Date		8	9	10	11	12	13	14	151
Cardio		X		X		X			
Speed/Agility				X				X	
Upper Body			X		X		X		
Lower Body			X		X		X		
Throwing				X		X		X	
Hitting		X		X				X	
Date		15	16	17	18	19	20	21	152
Cardio		X		X		X			
Speed/Agility				X				X	
Upper Body			X		X		X		
Lower Body			X		X		X		
Throwing				X		X		X	
Hitting		X		X				X	
Date		22	23	24	25	26	27	28	153
Cardio		X		X		X			
Speed/Agility				X				X	
Upper Body			X		X		X		
Lower Body			X		X		X		
Throwing				X		X		X	
Hitting		X		X				X	
Date		29	30	1	2	3	4	5	154
Cardio		X		X		X			
Speed/Agility				X				X	
Upper Body			X		X		X		
Lower Body			X		X		X		
Throwing				X		X		X	
Hitting		X		X				X	

Hammerbodies Testing

- Squat - Lower body, core
- Bench - upper body
- Med Ball - Power (upper body, core)
- Shuttle - quickness
- 40 yard spring - speed

TEST	14U AVG/BEST	15U AVG/BEST	16U AVG/BEST	17U AVG/BEST
SQUAT	130/192	192/253	224/311	263/403
BENCH	85/140	118/163	136/174	174/241
MED BALL	22.6/29.7	25.8/33.3	26.7/36.3	31.3/40.8
SHUTTLE	4.72/4.47	4.56/4.28	4.50/4.22	4.41/4.07
40 YARD	5.44/5.00	5.22/4.60	5.07/4.47	4.97/4.62



Athleticism

GENERAL “AVERAGE” GOALS

- SQUAT 50 LBS MORE
- BENCH 25 LBS MORE
- TOSS MED BALL 2.5 FEET FURTHER
- RUN SHUTTLE IN 0.1 SECONDS FASTER
- RUN 40 IN 0.15 SECONDS FASTER

WHAT ARE YOU BELOW AVERAGE IN ? GET TO ABOVE AVERAGE!!

YOUR WORSE TOOL SHOULD BE AVERAGE

WHAT ARE YOU BELOW D1 NUMBERS AT ?

THIS WILL NOT HAPPEN NATURALLY FOR 95%
OF THE PLAYERS IN THIS ROOM

IT WILL TAKE WORKING OUT 3 TIMES PER
WEEK FOR 3-4 MONTHS

PLUS PROPER NUTRITION

PLUS IN-SEASON MAINTENANCE PROGRAM

REMEMBER THE 90% RULE

Gamers Strength and Conditioning

Do Today What Others Won't So
Tomorrow You Can Do What Others
Can't!!!!

Understand Periodization

- Periodization is the different time frames you have over the course of a year to train. They could be determined by Off Season, Pre Season and In Season. Or more specifically, Preparatory, Competitive and Transition Phases...
- ---Preparatory----for High School and Select Baseball Players this period is from November thru March----this time is used to put on Size, and gain Strength/Speed and Quickness
- ----Competitive (Maintenance Phase)----for High School and Select Baseball Players this period is from April-September----this is the period where you continue to lift 2-3 times a week, with lighter weight and Maintain your Strength and size
- ----Transition (Active Rest Phase)---- for High School and Select Baseball Players this period is During October---- this the period where you take a break from Weights but stay active

SELF ASSESSMENT:

- DO I NEED TO GAIN STRENGTH ?
- ----Strength is the ability to move Weight in a Functional Way
- UPPER BODY?
- ---Things To Do
- Use Weights 2 times a week for each Upper Body Part, (Back, Chest, Shoulders, Bi's and Tri's)
- Lift To Failure, (During the Preparatory Phase), and have a Spotter assist you with the last 2-3 Reps

SELF ASSESSMENT:

- LOWER BODY?
- ---Things To Do
- Use Weights 2 times a week for each Lower Body Part, (Quads, Hamstrings and Calves)
- Lift To Failure, (During the Preparatory Phase), and have a Spotter assist you with the last 2-3 Reps

- DO I NEED TO GAIN SIZE?

- ----Size is Usable Muscle Mass

- ----Things To Do

- Participate with a Passion in a Structured Weight Program, Follow the Nutrition Plan EVERY DAY!!!!!!!!!!!!!!

- DO I NEED TO GAIN SPEED?

- -----Speed is How fast you get from one point to another in a straight line

- ---Things To Do (may need a trainer to improve mechanics)

- Gain Lower Body Strength, Improve Running Mechanics, Stairs (sprint them), Practice 10's, 20's, 40's, 60's

- DO I NEED TO GAIN QUICKNESS?
- -----Quickness is the ability to start and stop, and change directions FAST...
- -----Things To Do:
- Ladders, cone drills, start/stops, Repeat Hammerbodies Drills from Saturday Sessions, and Drills from Rep Sessions
- ALL INFIELDERS NEED TO BE ABOVE AVERAGE IN QUICKNESS
- ALL OUTFIELDERS NEED TO BE ABOVE AVERAGE IN SPEED

- AM I IN GOOD CARDIO SHAPE?
- ----Cardiovascular Conditioning is having your heart, lungs and legs in shape to do Physical Activity over a prolonged period of time...
- ---Things To Do:
- Jog, Bike, Interval Training, Stair Master, Eliptical
- DO I NEED TO GAIN ARM STRENGTH? (IF YOU ARE IN THIS ROOM THE ANSWER IS YES!!!)
- ---- Arm Strength is measured in Miles Per Hour.
- ---Things To Do:
- LONG TOSS, LONG TOSS, LONG TOSS, LONG TOSS, LONG TOSS...This Can Be Done In St Louis All Year Round And Should Be Done With A Purpose. NO ONE WILL EVER TELL YOU THAT YOU HAVE TOO SRONG OF AN ARM TO PLAY FOR ME.
-

Do's and Don't's

- DON'T DO
 - HANG CLEANS
 - MILITARY PRESS BEHIND THE NECK
 - GO PAST PARALLEL ON THE SHOUDLER PRESS
 - LOW REP, MAX WEIGHT LIFTING (POWER LIFTING)
 - Football coaches like this
 - LIFT A WEIGHT THAT YOU CANNOT HANDLE 8-10 REPS
 - LIFT WITH IMPROPER FORM - IT IS A WASTE OF TIME AND LEADS TO INJURY
 - IF YOU DON'T KNOW THE CORRECT FORM FOR A LIFT, ASK A TRAINER
 - MOVE FROM EXERCISE/SET QUICKLEY - DON'T TURN A 30 MINUTE WORKOUT INTO 60 MINUTES BY GOOFING OFF

WORSE CASE EXAMPLE

- Lift unmonitored in high school weight room (or worse yet, with a power lifter football coach who trains offensive lineman)
- Take 60 minutes, don't break a sweat
- 5 minutes between sets, as you goof off with friends
- Only do “glamour” lifts - bench, curl
 - (instead of 3-5 lifts in each body area)
- Skip the core work, because it is too hard and boring
- Get into lifting contests with offensive lineman
- Just lift, no cardio or speed/agility

IF THIS IS THE CASE YOU ARE
WASTING YOUR TIME,

JUST COME BUY A TEE, 50
BASEBALLS, A NET AND SWING
THE BAT IN YOUR BASEMENT 3
TIMES PER WEEK

(BTW, YOU SHOULD BE DOING
THIS ANYWAY)

Do's

- Have a Plan (written down), and track your progress
- Lift with a Partner (provides motivation, and is used as a Spotter)
- Take it seriously, you will only get out of it what you put into it
 - Separate yourself from the guys goofing off
- Use a Weight that you STRUGGLE TO LIFT REPS 8-10 and Need a Spot for Reps 10-12
- KEEP PROPER FORM IN THE MOVEMENT - AT ALL TIMES
 - IF YOU CAN NOT KEEP FORM, YOU HAVE REACHED MUSCLE FAILURE AND YOU NEED TO STOP
- IT IS NOT SUPPOSED TO BE EASY, IF YOU ARE NOT SWEATING YOU ARE NOT WORKING HARD ENOUGH

Ways to do it

- Work out at home
- Work out at school
 - By yourself
 - Weight-training class
 - Baseball/Sports program
- Work out at a gym
 - With teammates
 - With trainer
- Work out with a trainer

Results should dictate what you do

- Are you tired, sweating after a workout?
- Are you getting stronger?
- Are you getting faster?
- Are you putting on muscle weight?

- Advantage of trainers:
 - Customize a program for you
 - Teach you the right form and mechanics
 - Push you, without risking injury

- Disadvantage -- \$\$\$\$\$\$

A strategy for using prof trainers

- Ideally, 2 x per week
- If time/\$\$ make this impossible - 2 options
- Find a trainer that will develop a program for you (or just personalize the Gamers program)
 - Have the trainer teach you the program, with proper technique, etc..
 - Use the trainer 1x per week, and repeat on your own or with friend
- Group training at sports performance facility- lowers the cost
 - Can be done in combination with working out on your own

Speed training/running mechanics

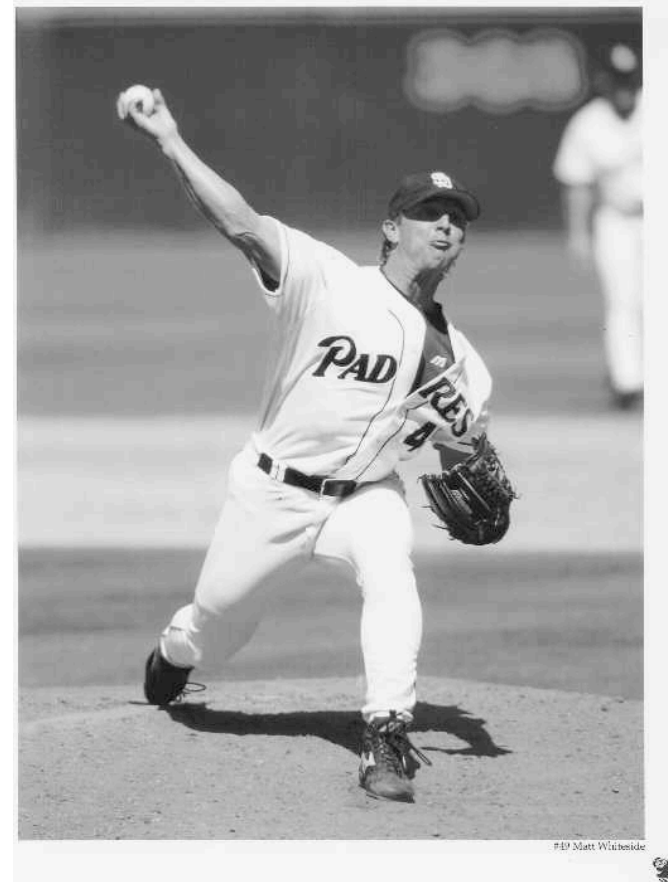
- Get help from a trainer who works with high performance athletes
 - Improving running form and mechanics alone can cut 0.5 seconds off your 60 time
 - Highly personalized
- Hammerbodies speed training last winter
 - Participants reduced 40 time by 0.25 seconds on average
 - Non-participants reduced 40 time by 0.1 seconds

Gamers Nutrition Clinic

29

- EAT LIKE AN ATHLETE

- Food Groups
- BODY TYPES
- Off Season Goal
- Eating Habits
- Eating Volume
- Tracking System



Food Groups

Fat

Carbohydrates

Protein

Fats

• Good Fats

- Nuts, Peanut Butter, Almond Butter, Avocado, Olives



• Bad Fats

- Whole milk, butter, Cookies, Cakes, Fried Food, Donuts, Candy Bars



Carbohydrates

- BAD CARBOHYDRATES
- WHITE BREAD, WHITE RICE, FRENCH FRIES, SODAS, PASTRIES



CARBOHYDRATES

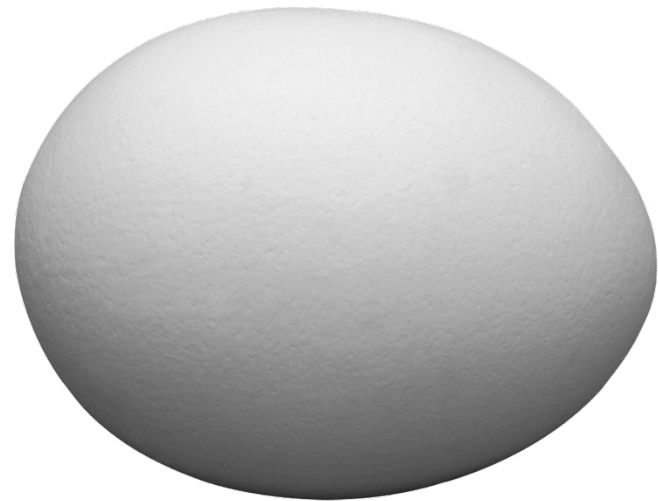
GOOD CARBS

Whole Grains, Brown Rice, Fruits, Vegetables



PROTEIN

- LEAN RED MEAT, (BISON AND VENISON) POULTRY (CHICKEN, TURKEY), EGGS FISH, BEANS



BODY TYPE

- 2% OF US NEED TO LOSE 10-15LBS OF FAT WEIGHT
- TO LOSE WEIGHT YOU HAVE TO BURN MORE THAN YOU TAKE IN
- 98% OF US NEED TO ADD MUSCLE AND WEIGHT
- TO ADD SIZE YOU HAVE TO TAKE IN MORE THAN YOU BURN

BODY TYPE

Regardless of the Category you fall into, your EATING HABITS Have to change.....EVEN if you are in the 2% that needs to lose weight, the Eating Plan to follow will be Similar...the reason you are over weight is because of the type of food you take in, a slow metabolism due to a lack of a consistent training regimen.....Laziness...

- *****this same eating plan will Speed up your metabolism, get good food in your system, and help you, WITH a Exercise Plan, to lean out....

WHAT?????

Our OFF SEASON GOAL (November - March) Is 15-20lbs of Muscle....

- So, if you are a 160lb athlete, to add 20lbs of muscle over the next 5 Months, Our Short Term Goal is 1lb a WEEK...
- There are simple Calorie Calculators online where you can figure your Body mass index, but a typical 160lb, 15-17 year old ATHLETE, is going to BURN
- 3200Calories a Day....This is the number of calories you need to Miantain your current body.....
- 1 lb is = to 3500 Calories.....so if we are going to gain 1lb a week, you need to take in 500 Extra Calories a day more than you burn.....7 DAYS X 500 EXTRA CALORIES A DAY = 3500 MORE PER WEEK, OR 1LB Gained...
- So if we add the 3200 to maintain, plus the extra 500 Calories to gain, the
- You need to take in roughly 3750 Calories a DAY>>>>

HOW????

- Eat nutrient dense foods. DENSE FOODS are DARK IN COLOR (EX.Broccoli vs Cauliflower, Sweet Potatoe vs White, etc..) That means they have more Nutritional Value to them....Keep junk food and processed food at a minimum. (See BAD CARBS AND FAT) These contain calories that the body does not use optimally because of their low vitamin and mineral content. Fresh is best.
- Eat approximately every 2-3 hours to Keep your Tank FULL.If you eat infrequently, your body shuts down because it does not know when it will get FUEL again....
- Eat complex carbohydrates (starches). Starchy foods such as pasta, wheat bread, whole grain cereals, brown rice, potatoes, yams, sweet potatoes, and vegetables provide a major energy source to fuel your activities. These foods are also a source of fiber, vitamins, minerals and phytonutrients - the health protective substances in plant foods.

HOW....

- Choose protein sources from turkey, chicken, eggs, fish, lean cuts of beef, low fat cottage cheese.
- Choose healthy fat sources from nuts, avocados and cold-water fish.
- Keep drinking water or a sports drink to maintain hydration while training. Try to avoid water-like substances such as Kool-Aid, sodas, juice or lemonade. Although these may contain water and some carbohydrates, they also contain a greater amount of the wrong type of carbohydrate source (sucrose and/or fructose), which can ultimately lead to gastrointestinal (GI) distress (i.e. diarrhea) and decreased performance.
- Eat a diet that consists of a wide variety of foods by keeping in mind the basic food groups. It is the best insurance for getting needed nutrients.
- Avoid high-fructose corn syrup and excessive table sugar, even when trying to gain weight. These include candy, juices, desserts, baked goods, etc.
- ***Use meal replacement shakes, fruit smoothies or bars whenever necessary. Always keep bars available such as in a book bag, purse, glove compartment, locker, or wherever poor nutrition might be the alternative such as at a competition. Try an assortment of brands to see which you like.***

HOW....

- 10-15% of your Total Calorie Intake OR 40-75g of Fat a Day
- 40% -45% OF YOUR TOTAL CALORIE INTAKE SHOULD BE Carbohydrates....
- 40-45% of Your Total Calorie Intake Should Be Protein.. ..THAT MEANS You have to increase Protein intake to 1.5GRAMS/lb bodyweight.
- *Without Actually measuring this out, (I mean measuring your %'s) you will be VERY close if you eat from the Right food sources, and Count your Protein INTAKE. If your plate has a handful size of Protein, then it should have a Handful size of Carbohydrates....*

EX. 160 LB ATHLETE WOULD NEED 240-GRAMS OF PROTEIN A DAY....SO IF YOU EAT 6 TIMES A DAY THAT WOULD BE 40 GRAMS OF PROTEIN PER SETTING.

WHEN....

- IT ALL STARTS WITH BREAKFAST.... This is the MOST important meal of the Day...
7:45AM, 10AM, 12:30 PM, 3PM. 6PM AND 9PM...11PM SNACK RIGHT BEFORE YOU GO TO BED....
- You need to eat at these times, EVEN IF YOU ARE NOT HUNGRY....
- A lot is dependent upon what you do before and post-exercise. You should do the following before and after your training:
- Consume 20g of protein and 30-40g carbohydrates 30-40 minutes *prior to exercise.*
- Immediately after you work out, consume a protein shake with at least 50 Gr of Protein. And .25-50 g carbohydrates,
- ***YOU HVE A 45 MINUTE WINDOW AFTER YOU WORKOUT WHERE YOUR MUSCLES RECEIVE PROTEIN AND BUILD MORE MUSCLE.....It is imperative that you get a good source of Prot and Carbs in your system during that window...
- Eat a whole food meal with the above ratios 1 hour later. AFTER YOUR POST WORKOUT SHAKE

TRACKING FOOD INTAKE...

- Logging your food intake in a food journal and weekly weigh-ins will be helpful.... If you are not gaining at least 1 pound per week, then you are not eating enough. Increase your calories by 200 more.
- To figure your total Calorie intake per day, you multiply your total Fat intake x 9, your total Carb and Protein intake by 7....add these totals up to get your total caloric intake....

MONDAY					
BREAKFAST	FAT GRAM	CARB GRAMS	PROT. GRAMS	CALORIES	
SNACK					
LUNCH					
SNACK					
DINNER					
SNACK					
TOTALS					
TUESDAY					
BREAKFAST	FAT GRAM	CARB GRAMS	PROT. GRAMS	CALORIES	
SNACK					
LUNCH					
SNACK					
DINNER					
SNACK					
TOTALS					
WEDNESDAY					

		Protein	Carbs	Calories
Monday				
Breakfast	Prot.Shake	50Gr		
	Cereal			
Snack	Prot Bar	20Gr		
Lunch	Turkey Sand,PB crackers	50gr		
	AplSauce, chips			
Snack	Prot Bar	20gr		
Dinner	3 Tacos	50 gr		
Snack	Protein Bar	20gr		
Snack				
Total		210Grams		
Tuesdauy				
Breakfast	Prot Shake, Cantelope	50gr		
Snack	Prot Bar	20 gr		
Lunch	Turkey Sand, chips		50	
	Prot Bar		20	
Snack	Prot Bar		20	
Dinner	Bacon, Chs, Piza	40 gr		
Snack	Prot Shake	50gr		
Snack				
TOTAL		250 Gr		
Wednesday				
Breakfast	Prot Shake	50gr		
Snack	None			
Lunch	Corn Dog, ChesBurger	50grams		
	Fries			
Snack	prot bar	20gr		
Dinner	Bacon,pepperonit Pizza	50grs		
Snack	Prot Bar	20gr		
Snack				
TOTALS		190Grams		

Hey Coach,

This is what I eat every day up until dinner time:

3 waffles/syrup....270 calories

Peanut butter and honey on wheat bread.....400 calories

cliff bar....260 calories

cashew bar...160 calories

two chicken sandwiches on wheat bread....310 calories (27 grams of protein) - LUNCH

weight gainer shake.....750 calories (50 grams of protein) - SNACK BEFORE WTS

protein shake....170 calories (35 grams of protein) - POST WORKOUT

protein bar....300 calories (23 grams of protein)

apple....80 calories

banana...80 calories

granola bar....90 calories

! :) BREAKFAST
→ NEED MORE PROTEIN
EGGS/WHT

> SNACK

→ IN SCHOOL SNACK

My dinner varies between:

2 Stuffed Chicken breasts....640 calories (58 grams of protein)
with Fettuccine Alfredo...604 calories

Steak/potatoes....1095 calories

2 Brisket sandwiches.....1052 calories

on the weekends I'll have some pizza, or some chicken wings and stuff like that.

I usually eat some kind of meat with potatoes or a pasta. It varies, but my lunches and breakfasts are usually consistent every day. Also, because of my recent sickness and stomach problems, my doctor told me to lay off the dairy products for a couple of weeks. So as my stomach heals, I will slowly add dairy products back into my diet. Thanks, Coach.

TOTAL CALORIES
4110 - ABOUT 225
25
%

- NEED 3000
PRO
- EAT MORE
BASIC FN
- EAT BEFE
BED

⓪

IMPROVEMENT PROCESS

EDUCATIONAL/KNOWLEDGE

SELF-ASSESSMENT

GOALS

PLAN

EXECUTION

TRACKING PROGRESS

NEXT STEPS

- HAND IN OFFSEASON GOALS AND TRAINING PLAN TO COACHES
 - FIRST DRAFT
 - QUICK REVIEW BY COACH TODAY
 - OTHER CHANGES COMMUNICATED BACK TO YOU
 - FINAL VERSION (BY NEXT WEEK)