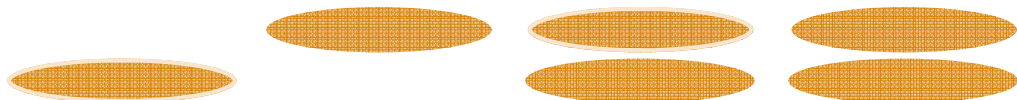




SPORTS UNIVERSITY

Monthly Newsletter



Volume 1, Issue 2

February 2009

Athlete of the/ Month

HEALTH CLUB NEWS FLASH

SU EXTRA'S



"BOYS ARE BACK" "

Will Hill, Florida Gators, and Alex Woj, Maryland Terrapins, both had successful college seasons. (along with owners- Mike Jarmolowich and Brian Gatanzarite, Head Trainer- Don Sellari, and Big Ern Dog.

GRAND RE- OPENING A HIT!!!!

SU's Grand Re-opening was a success as one night the health club was transformed into a trendy lounge and the next day morphed into a kids Dream Playland. It will be a night we will never forget and the beginning of a new era of health club/ training facility.

Thank you to all who helped out and enjoyed the 3 day event.

Carlo Calabrese, Verona HS

Senior Tight End, Line Backer from Verona High School capped his great high school with a North Jersey Group II State Championship, Not only excelling as an athlete Calabrese reports a 3.0 GPA and a 23 ACT.



Calabrese had been recruited by schools such as Boston College, Rutgers, and Miami but has committed to spending the next four years playing for the Notre Dame Fighting Irish, following in the footsteps of another Verona High School, Notre Dame, and SU Athlete, Anthony Fasano, a current Miami Dolphin.

Sports U Referral Program

For every New Member you refer to the "U" you will receive \$5.00 OFF your monthly membership (for 12 months). Refer 8 Members and work out for FREE for the next year!

Upcoming Programs at the U

Kettlebell Training

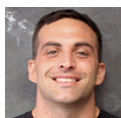
People from all walks of life use kettlebells. From office workers and housewives to firefighters and military, people of all types use kettlebells to increase their level of fitness, lose fat, get a physical edge in athletics or physically demanding professions, get stronger, strengthen their core or just feel physically better in general.

Stability Ball Training

Stability Balls allow you to train your body in an unstable environment. This requires your body to incorporate those hard to reach inner-core stabilizing muscles. Through challenging and unique exercises you will learn how to activate your core muscles, become more stable, flexible and balanced.

Inside this issue:

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Don's Training Tips

CORE TRAINING:

By now everyone realizes the importance of core training. My grandmother (who is 78) has even asked me what she can do for her abs. However, I want to clarify a few important components of core training.

First, I like to call core training- pillar training. Pillar symbolizing the fact that is the body's structural base. Every movement we make utilizes pillar strength & stabilization. The "Pillar of the Body" includes: (1) low back, (2) obliques/ transverse abdominals (3) hips (4) glutes and (5) the abdominal area which includes the upper,

middle, & lower abs.

It is important to incorporate all 5 pillar components into your workout. Also, it is important to train the Pillar the same way you do the rest of your body. That means doing 50 crunches or Russian twists alone is not going to develop the pillar strength you are going to need especially if you are an athlete looking to build power & explosion. The following exercises are great strength building pillar exercises that hit the 5 areas of concern: (pics/ video can be found on website- www.sports-u.com)

- 1- Cable/ MB Chops (Hi-Med-Low)
2. Reverse Glute Ham Raise

- 3- BOSU/ SB Cable Crunches
- 4- Back Ext./
- 5- Lying Band Knee Pulls/ Supine SB Pullthroughs

Lastly, I want to remind you the best way of getting ripped abs is not to do more Pillar work. The best way to get "abs" is in your dieting. You can do a million crunches, have the strongest abs & low back in the world but won't be able to see them through the layer of fat covering them.

"Stay Positive, Stay Simple, & Do What You Know"

Don Sellari, CSCS, Director of Performance



"It is our mission to provide the highest quality training and individual attention needed to coach and motivate athletes to reach their goals."



NUTRITION ZONE



Breakfast is a critical meal for athletes for several reasons. After sleeping through the night, the carbohydrate stores in the liver are about 80 percent is depleted, so eating breakfast helps to replenish those losses. Breakfast also aids fueling and hydrating an athlete for practice later in the day and helps those who are trying to gain muscle mass. Getting high school students to eat breakfast requires some creativity; they would rather sleep an extra 15 minutes than eat breakfast. It is no surprise that surveys show that 18 percent of kids ages 13 to 17 skip breakfast.

What should be on your breakfast training table? Athletes like variety, so here are some suggestions that will help your student athletes get off to a great start.

Monday: Whole-grain hot cereal, like oatmeal, served with blueberries, blackberries or strawberries and chopped walnuts, pecans or almonds. Or try the new Quaker Simple Harvest instant multigrain cereal made with oats, wheat and barley. Add a glass of low-fat milk and 100 percent fruit juice to provide protein and fluids.

Tuesday: Egg-white omelet with diced bell peppers and ham, a whole-grain bagel and 100 percent fruit juice.

Wednesday: Whole-grain waffles topped with diced peaches, hard-cooked eggs and 100 percent fruit juice.

Thursday: English muffins topped with a fried egg, a slice of cheese and Canadian bacon. Add low-fat milk and a mixed-fruit cup.

Friday: Whole-grain toast topped with peanut butter and sliced bananas, a container of yogurt and 100 percent fruit juice.

Jerry DeLuca, CPT and Nutrition Specialist

Programs & Upcoming Events



Soccer X-treme Training- comprehensive, elite soccer training program designed to focus on soccer specific skills, weight training, & speed and agility development. Soccer Domain Academy has joined SU to provide this amazing, all in one program.

LB U- Local coaching icon Chet Parlavecchio is kicking off our awesome spring football training programs at SU.

Spring Football 101- Position Specific Football Training lead by an all-star cast of position specific coaches (check website for list)

HS Football Recruiting Report- one day program

teaching athletes/parents how to take control of the dreaded HS FB recruiting process:
 -assist parents/ athletes in their search for the "right fit"
 -learn what college recruiters are looking for in scholarship athletes
 -provide the best opportunity to gain financial aid (grants, aid, scholarship)
 -teach athletes about the combine and ways to improve your recruiting status
 - Experts

Mike Miello- former Div. I (Rutgers) & Div. III (William Paterson) Coach as well as legendary NJ HS coach.

Jim Kelly- current guidance counselor and Div III (MSU)

Coach as well as former HS Head Coach who had a great reputation in placing athletes into college.

Combine Training- program developed by Don Sellari designed to teach athletes how to improve the following:

-40 yard dash

-pro agility (5-10-5)

-vertical and broad jump

Learn techniques to drastically improve times in these areas



For more information on these programs or any questions about Sports University please visit www.sports-u.com or call 973-808-1717