



SPORTS UNIVERSITY

Monthly Newsletter

GRAND RE-OPENING— JANUARY 7,8,9

JANUARY 2009

Volume 1, Issue 1

SU's COLLEGE/ PRO ATHLETES

- Will Hill is playing giant role in the Gator defense in their quest for a National Championship
- Colin Larmond caught 55 yard TD pass in BC's attempt for a comeback win in the Music City Bowl
- Anthony Fasano had a breakout year as the leading target for Chad Pennington & the surprising Miami Dolphins (454 rec. yards, 7tds)
- Kevin Walters had a career year playing beside Andre Johnson with the Houston Texans (899 rec. yards, 8td)
- Cara Silverman started field hockey for University of Connecticut
- Giovanna Monaco was the field hockey rookie of the year at Boston University
- Chelsea Beuhning lettered in soccer at the University of Southern California

Inside this issue:

- Athlete of the Month 1
- Don's Training Tips 1
- Meet the Trainers 2
- Upcoming Events 2

Athletes of the Month

SU "Fall Super Athlete"

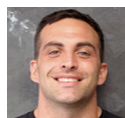
Dave Sinisi, Junior RB
Monmouth University



Dave capped a super year by being named FCS All- American 3rd Team. The Cedar Grove Native was the FCS 2nd leading rusher with 1,674 yards demolishing the MU school record books. He was also named 2008 NEC Offensive Player of the Year, second in the NCAA with 152.8 yards per game. Furthermore, he led the nation in scoring with 22 TD's and was named to the Walter Payton Watch List as a Junior.

"Dave's year is a testament to his work ethic and desire to be the best. He is the hardest working athlete I have ever worked with. He is a great role model for aspiring college athletes,"

Don Sellari



The 5 Biggest Training

Mistakes:

1. **Workout Design-** the workouts in Muscle and Fitness don't fit everyone needs. Understand what goals you are trying to attain in setting up your workouts.
2. **Sacrificing Form for Weight-** set the ego aside and stick with weight you can control.]

SU 's List of Post Season All-Stars:

Football- All-County

- C. Calabrese, Verona (Essex Def POY)
- N. DePhillips, Glen Ridge
- T. Osche, Nutley
- C. Looney, Verona
- N. DelliSanti, Caldwell
- A. Casolino, WO
- T. Bianchi, WE
- Z. McGahee, Liv
- D. Evangelista, CG
- Struss, WE
- D. Livingston, Bloomfield
- Z. Williams, Montclair
- G. Romagnoli, Livingston
- S. Phillips, Depaul Catholic
- Dante Burton, PC
- Mike Quinn, WH
- Ant Sibilila, Nutley
- All- State
- First team

- Carlo Calabrese; Verona
- Robert Lisowski; Union
- Tom Bianchi; West Essex
- Zach McGehee; Livingston

Second team

Ryan Daddurno; Wayne Hills

Michael Larrow; Union
Chris Looney; Verona

Second team

Ryan Daddurno; Wayne Hills
Michael Larrow; Union
Chris Looney; Verona

Third team

Marquis Spruill; Hillside
Zak Williams; Montclair
Drew Evangelista; Cedar Grove
Bernardo Nunuz, Hudson County Def POY
Jason Hendricks, Hudson County Off POY

FIELD HOCKEY- All County

Gianna D'Urso, WE
Ali Cassera, WE
Breada Farrel, WE
Gia Nappi, WE
Heather Baretta, WE
Jen Weissbach, WE
Natalie Cafone, WE
Jackie Fusco, WE
Kristin McLain, WE

Don's Training Tips

3. **Using Isolated Single Muscle Exercises** (machines, bicep curls, leg ext...)- These exercises lengthen workouts & provide less bang for your buck.
4. **Focusing Too Much on your Strengths-** It's easy to do the exercises you are good at. A important component of training programs involve attacking problem areas & body weaknesses.
5. **Warm-up?-** A proper warm-up (preferably Dynamic) is essential in optimum performance & injury prevention. Also, when performing exercises it is extremely important to progressively

perform warm-up sets before the work sets. The heavier the weight the more warm-up sets must be done. Lastly, static stretching should be performed after the body has warmed up or preferably upon the completion of the workout.

-This list could have easily been 20, but I must also acknowledge the fact that at least you are making the effort to train. Hopefully, I can give some guidance in ways to optimize your time & more importantly aid to help prevent injury.

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



Meet the Staff

Anthony Marchionne, CPT Director of Fitness

SU would like to introduce Anthony and welcome him to our team. Anthony comes from a background of personal training, sales, and fitness marketing.

Anthony's hobbies include weight training (esp. kettlebell,) and snowboarding. When not at SU, there is a good shot you can find him on the top of a mountain pushing for max speed and air.

Ani Ramos Baseball Specialist

SU is proud to introduce Ani as our baseball specialist. He has already revealed a tremendous amount of energy & passion in what he does. This passion directly relates to his coaching and desire to make his kids better.

Ani is also a NJ Jackal assistant coach and considered one of the best catchers coaches around.

Paul Johnsen, CPT Performance Coach

Paul comes to us highly recommended by many that he has worked with. Quickly we have seen why. Paul utilizes his past athletic experience, training knowledge, and high energy to motivate athletes in their training classes. Paul has fit right into SU & did a amazing job of quickly adapting to SU's training philosophy. Paul has been a awesome addition with a bright future.

Programs & Upcoming Events

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

WINTER PROGRAMS

Speed Diamond has been an extreme success at Sports U. Coach Phil Delgado has done a great job building this program and working to develop the strength, quickness, & explosion of the current baseball & softball players within the program.

Field Hockey & Lax X-treme Training has also been a super addition to SU's sport

specific training classes. Coach John Fiore & Heather Grimm. Have been instrumental in motivating their athletes to get better.

Speed Diamond, Field Hockey & Lax X-treme Training will continue through the winter right up to the season.

SPRING PROGRAMS

Ultimate Football Training- Position Specific Football Training.

****Stay tuned for some special guest positional coaches****

Soccer X-Treme Circuit Training will be organized and directed by experts from Sports University and SDA Soccer.



- Redsigned Spin Room
- Complimentary Child Care
- Master Po's Kickboxing
- Kettlebell Training
- Complimentary Group Fitness
- Our Famous Boot Camp
- NASM & CSCS Certified Personal Trainers

\$0 Enrollment Fee
a \$199 Value

New members only. Coupon(s) can be redeemed at any given time throughout the month of January.

3 FREE
Personal Training Sessions

New members only. Coupon(s) can be redeemed at any given time throughout the month of January.

Free Under Armour
Sports University T-Shirt

New members only. Coupon(s) can be redeemed at any given time throughout the month of January.

Thursday, January 8th

Come in from 6-8pm for complimentary food, music and beverages. Adults only please.

Friday, January 9th

Family and Friends Day! Bring the entire family for food, music, games and refreshments. 6-9pm

Saturday, January 10th

FREE Fitness Evaluations along w/ abbreviated Group Fitness Classes! Complimentary food & refreshments.

Bring the Family! / Free Giveaways! / Raffle Prizes!



W W W . S P O R T S - U . C O M
22 MADISON ROAD FAIRFIELD, NJ 07004 : 973.808.1717 : EMAIL: INFO@SPORTS-U.COM