

STRENGTH



Drexel University Strength & Conditioning

ATHLETES OF THE MONTH
EXERCISE OF THE MONTH
CHICAGO URBANATHALON
COACH MAKOVSKY MIXED MARTIAL ARTS
ENGAGEMENT

ATHLETES OF THE MONTH - JANUARY 2008

“The will to win is important but the will to prepare is VITAL.”

-Joe Paterno

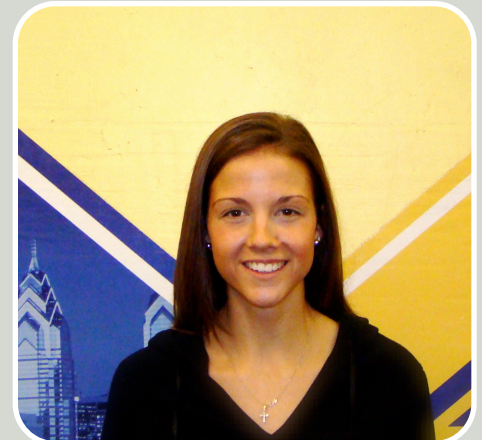
The Strength & Conditioning Athlete of the Month Award will be given to one male and one female athlete each month. The award recipients will be selected by Coach Rankin and Coach Makovsky who will be looking for hard work, consistency, intelligent determination and successful progress in the weight room. This months award winners are...

Male Athlete of the Month



KEVIN DART #6
Men's Lacrosse
Junior
Business Major

Female Athlete of the Month



SARAH CARTER #1
Women's Lacrosse
Senior
Pre-Professional
Health Major

CONDITIONING

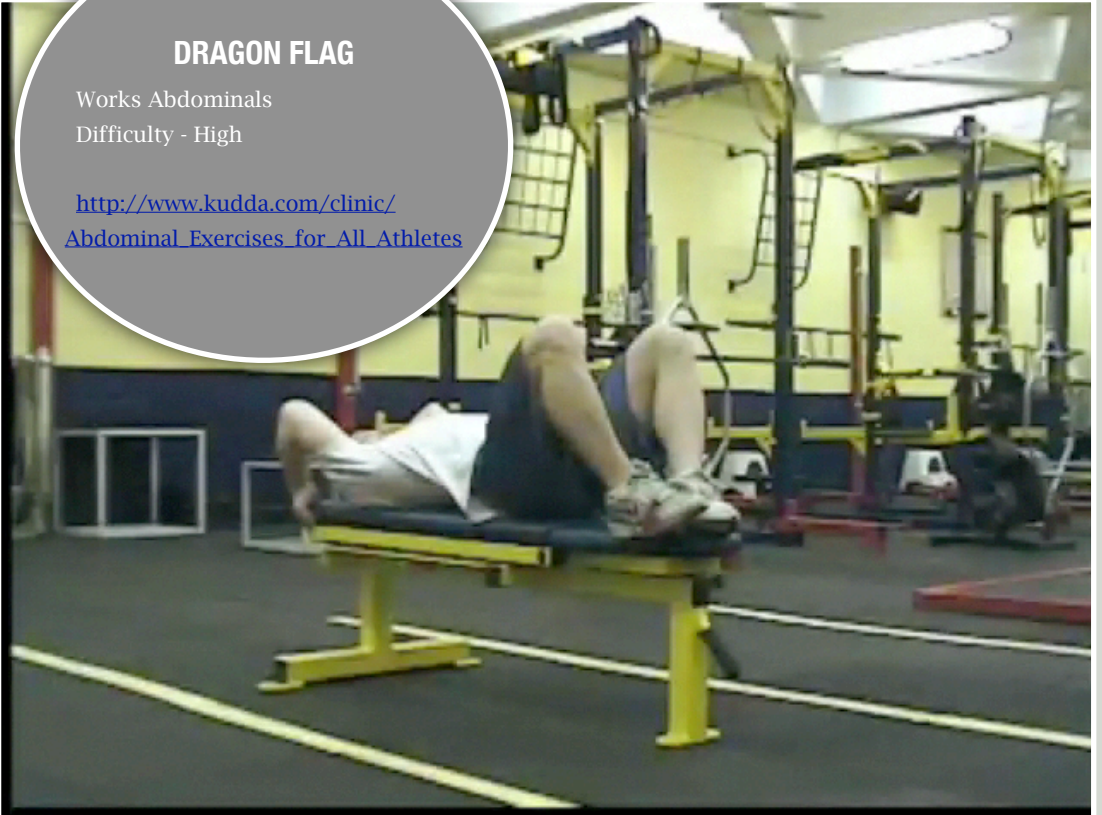
DRAGON
FLAG

DRAGON FLAG

Works Abdominals

Difficulty - High

[http://www.kudda.com/clinic/
Abdominal_Exercises_for_All_Athletes](http://www.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes)



OF THE MONTH

COACH NEWS



Men's Health Urbanathlon

Chicago - 2007

On October 20, 2007 Coach Rankin traveled to Chicago to compete in the Men's Health Urbanathlon. His team "Healthy Fitness Dragons" placed 3rd overall in the mixed team category. Those on the team Michael Rankin, Melissa Walsh and Lee Womer.

COACH ZACHARY MAKOVSKY

On October 6, 2007 Coach Makovsky competed in the Combat in the Cage 5: "Fearless Fighters Return" competition at the Sovereign Bank Arena in Trenton, NJ. Makovsky entered the fight with a 2-0 professional record. The fight put on by Combat in the Cage features the top professional and amateur mixed martial artists in the Mid Atlantic Region. Makovsky defeated Emerson Souza in a unanimous decision to become the Combat in the Cage Bantamweight Champion!

Zack is schedule to fight again on *Friday, Jan. 25 at the Trump Taj Mahal in Ocean City, New Jersey*. Zach will fight Wilson Reis who is also from Philadelphia. and has a professional record of 2-0.



On Saturday, November 17, 2007 Coach Rankin proposed to Melissa Walsh at the cove in Cape May, New Jersey. Melissa said, "Of Course, Yes!" Melissa and I are both beach lovers and vacation in Cape May almost every summer. I my self spent most of my summer life at the Cape May beach and I can honestly say this was the best weekend I have ever had at the shore.