

March 2008

STRENGTH



Drexel University
Strength & Conditioning

ATHLETES OF THE MONTH
EXERCISE OF THE MONTH
BEN COOPERMAN
NUTRITION

ATHLETES OF THE MONTH - MARCH 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



L.C. Moerschel #44
Men's Lacrosse
Senior
Construction
Management

Female Athlete of the Month



Elizabeth Adler
Women's Crew
Senior
Nursing

CONDITIONING

STRENGTH



Single Leg Squat
http://www.kudda.com/clinic/1_Leg_Hip_and_Leg_Push/Single_Leg_Squat

OF THE MONTH

COACHING NEWS



On April 1, 2008 Benjamin Cooperman joined the Drexel Strength and Conditioning team. Ben is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association and is a 200? graduate of George Washington University with a degree in Exercise Science.

Ben was working as a personal trainer at Conshohocken Health and Fitness prior to his employment here at Drexel University. He is currently working towards his Masters Degree in Information Systems on a part-time basis. Ben one day hopes to complete an Ironman triathlon.

Ben will be working in the late afternoon evening hours from 4pm -8pm Monday thru Friday. If you are in the weight room or see Ben on campus please welcome him to the Drexel University family.

NUTRITION

Goals:

- 1) Eat a minimum of three meals per day Shoot for five.
- 2) Eat breakfast every day
- 3) Eat protein at every meal
- 4) Drink more water
- 5) Eat more vegetables
- 6) Make post-workout nutrition a priority

Terms to Know and Understand

Carbohydrates - the body's preferred energy source.
Best sources in order of preference

- 1) Vegetables
- 2) Fruits
- 3) Whole Grains
- 4) White flour products (bread, bagels, muffins, etc.) avoid for weight loss.

Protein - the nutrient needed to build muscle
Best sources in order of preference

- 1) White meats, fish, poultry
- 2) Eggs and egg substitutes
- 3) Low Fat dairy products (milk, yogurt, cottage cheese)
- 4) Red meat

Fat - an essential nutrient, must make up 30% of total calories, not "bad guy."

Best sources

- 1) Cold water fish
- 2) Peanuts, almonds, cashews (nuts) avocados (guacamole)
- 3) Olive oil, safflower oil

Worst sources

- 1) Animal fat
- 2) Anything that looks like fat (butter, mayonnaise, etc)
- 3) Anything fried

Things to do

- 1) Eat breakfast
- 2) Prepare to eat well. Shop, prepare the night before
- 3) Drink a sports drink or water during workouts 48-64oz. Own a water bottle with your name on it.
- 4) Buy the ingredients for post-workout shakes and make them.
- 5) Get to bed at a reasonable hour. Sleep 8 hrs. per night.