

STRENGTH



Drexel University Strength & Conditioning

- ATHLETES OF THE MONTH
- EXERCISE OF THE MONTH
- NSCA COLLEGE PROFESSIONAL OF THE YEAR 2007
- AMERICAN GLADIATOR TRYOUTS
- COACH MAKOVSKY MIXED MARTIAL ARTS

ATHLETES OF THE MONTH - FEBRUARY 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



Chris O'Connor #10
Men's Lacrosse
Senior
Business Major

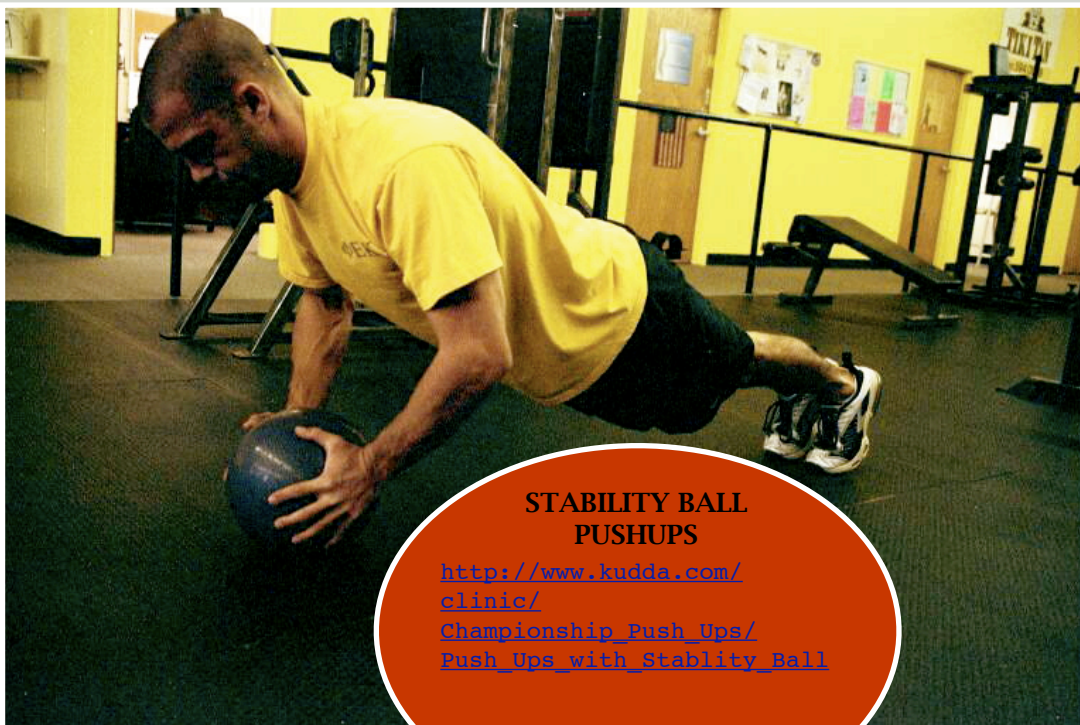
Female Athlete of the Month



Sarah Bauer #25
Women's Lacrosse
Freshman
Biology Major

CONDITIONING

STABILITY BALL PUSHUPS



STABILITY BALL
PUSHUPS

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

OF THE MONTH

COACH NEWS



On Saturday, February 9, 2008 Coach Rankin, Mark Cartella '07, and Jason (Cartella's Brother-In-Law) tried out to become contestants on American

Gladiators. While in NYC we met up with Steve Beard '07 who brought us hot chocolate while we waited in line from 7:45am until 5:30pm. That hot chocolate saved the day. Thanks Beard! At 5:30pm after waiting in line all day we found ourselves at the front door of Crunch Fitness.

Cold and tired we dominated the three events (pull ups, up downs and a gasser). Following the three events we were led downstairs for an interview. Our interviews went well and we left felling confident that we would get a call back.



So far Mark, Jason and Myself have not received a call back from the show. Which can only lead me to believe that the Gladiators do not want to be shown up on national television.

All joking aside spending the day with Mark, Jason, Beard and the many men and women in line was one of the more interesting days of my life. In addition, filling out all of the paper work for the show let us learn a great deal about each other.

NSCA COLLEGE STRENGTH & CONDITIONING PROFESSIONAL OF THE YEAR 2007



Coach Rankin was honored at half time of the men's basketball game vs. Fairfield on February 23, 2008 for his NSCA College Strength and Conditioning Professional of the Year 2007 award. Rankin was accompanied by his mother Jane and fiancée Melissa.



Coach Makovsky competed in Sho XC: Elite Challenger Series on January 25th at the Trump Taj Mahal Resort and Casino. The event was put on by Showtime Premium Television. Makovsky fought on the undercard against undefeated Brazilian Jiu-Jitsu Black Belt, Wilson Reis. Reis was able to get Makovsky to the ground and submit him with a side choke at 1:15 of the 2nd round. Coach Makovsky is now 3-1 as a professional mixed martial artist and is training hard for future bouts.