

STRENGTH



ATHLETES OF THE MONTH - APRIL 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 Athletes of the Month



Bruce Bickford #21
Lacrosse
Senior
Psychology Major

Steve Grossi #2
Lacrosse
Senior
Business Major

Female Athlete of the Month



Jennifer Stjarnstrom #14
Basketball
Sophomore
Social Science
Major

CONDITIONING

STRENGTH

Gymnastics Rings

http://www.kudda.com/clinic/Fitness_Using_Rings_to_Build_Core_Strength/Skin_the_Cat_Tucked_Position



OF THE MONTH

COACH NEWS

In a 140-pound scrap, Philadelphia Fight Factory standout Zach Makovsky (3-1) will take on American Top Team product Andres “Gigetto” Soares (5-1).

Makovsky was choked out January 25 at the ShoXC Challenger Series event in Atlantic City, N.J., by Wilson Reis — a world class Brazilian jiu-jitsu player. Before losing that fight, Makovsky had won three tough decisions to start his MMA career.

He is a former Division I collegiate wrestler from Drexel University where he was victorious 72 times — good enough for 18th on the all time Drexel win list.

The Brazilian-born Soares trains with some of the best fighters in the world at American Top Team. He is always ready to fight and brings an aggressive submission style attack to the cage. “Gigetto” is on a four fight win streak ... all first round submissions, including a win only two weeks ago over Jason Spearman at Battle Cage Extreme 4.

The fight is one of 12 bouts to be held May 31st at the Prudential Center in Newark, NJ. The card is headlined by World Elite XC Champion Robbie Lawler who will defend his title and Kimbo Slice looks to remain undefeated in MMA. For tickets, contact Zack at zpm22@drexel.edu.

