

MAY 2008

STRENGTH



Drexel University Strength & Conditioning

FEMALE ATHLETE OF THE YEAR 2008
COACH MAKOVSKY MIXED MARTIAL ARTS
LUPUS AWARENESS DAY
HEALTH FAIR

FEMALE ATHLETE OF THE YEAR 2008

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

-Joe Paterno

The Strength & Conditioning Athlete of the Year Award will be given to one male and one female athlete each year. 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.



SARAH CARTER # 1
LACROSSE

COACH NEWS

Zack Makovsky def. Andres Soares via Unanimous decision **Round 1**

Soares comes out aggressive but quickly finds himself on his back courtesy of a Makovsky double-leg. Soares immediately locks up the oma plata but after initially looking like he was in trouble, Makovsky escapes back to his feet. The fighters exchange a series of punches with neither man taking an advantage. Soares lands a thudding leg-kick and follows with a straight right that does not connect. Two-minutes left in the opening frame. Soares shoots a double but is stuffed and eats a knee to the body for his trouble. Another inside leg-kick from Soares lands. Makovsky lands a good jab and follows with a knee. Soares looks to be tiring as the round inches towards its conclusion. Sherdog.com scores the round 10-9 for Zack Makovsky.

Round 2

Makovsky pumps a straight left down the pipe to initiate action in the second frame. Soares tries to duck under for the takedown but is pushed right onto his back. Makovsky lets him back up and begins to pick him apart with punches. Soares tries, time and again, for the takedown but he can't get his opponent to the ground. Makovsky, from a southpaw stance, keeps throwing the left uppercut and connecting over and over. Makovsky is taking over, landing punches in bunches at will. Makovsky drops him with a knee-punch combo. Soares, bleeding from nose, gets back to his feet before the bell sounds ending the second round. Makovsky earns the 10-9 score for the second on the Sherdog.com card.

Round 3

Soares charges in to begin the third but is easily shrugged off. Makovsky drives Soares back to the mat with a superman punch-knee-straight left combo before letting him back to his feet. Soares pulls guard but Makovsky is having none of the ground and quickly retreats to his feet. Makovsky lands a good body shot to a clearly exhausted Soares. Soares throwing wildly for the fences but he can't find his mark. Makovsky is still fresh and landing at a good clip. Soares clinches up and tries for the trip but Makovsky shows great balance in staying on his feet. A few more punches from Makovsky put the exclamation point on a dominating performance for the Philadelphia native. Sherdog sees it 30-27 and the officials agree unanimously awarding Makovsky the decision by scores of 29-28, 29-26 & 29-26.

Makovsky improves his record to 4-1 and looks forward to getting back to training and future fights.



COACH NEWS

On Thursday, May 8, 2008 Drexel's Strength & Conditioning staff joined Sheldon Brown, #24 of the Philadelphia Eagles, and other special guests at Love Park to raise awareness for Lupus.

What is Lupus?

Lupus is a chronic, autoimmune disease that can damage any part of the body (skin, joints and/or organs inside the body). Normally our immune system produces proteins called antibodies that protect the body from foreign substances, like bacteria and viruses. With lupus, your immune system cannot tell the difference between these foreign invaders and your body's healthy tissues and creates autoantibodies ("auto" means "self") to attack and destroy healthy tissue. These autoantibodies cause inflammation, pain, and damage in various parts of the body.

Lupus is also a disease of flares (the symptoms worsen and you feel ill) and remissions (the symptoms improve and you feel better). Lupus can be mild or serious but should always be treated by a doctor. With good medical care, most people with lupus can lead a full life.

For more info visit:

www.lupus-sepa.org



COACH NEWS

On May 1, 2008 the Strength & Conditioning staff joined others on campus at the annual health fair. Coach Rankin, Makovsky, and work study assistants helped by administering fitness testing for those in attendance. The tests administered were vertical jump (pictured), seated medicine ball putt, and metronome push ups. The vertical jump test was by far the most popular test with students and faculty lining up to test lower body power.

Dan Simmons (Associate Athletic Director/ Recreation) and Steve Koch (Associate Director of Recreation-Intramurals) were amazed at the power of the Drexel students (pictured below). GO DRAGONS!

